ANGELS AND DEMONS

'NIGHTMARE' GYM SESSIONS HELPED ADRIANA LIMA BE READY FOR A VICTORIA'S SECRET SHOW 2 MONTHS AFTER GIVING BIRTH PAGE 29

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Tuesday, December 4, 2012

News worth sharing.

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THE DUCHESS IS DUE

Catherine, Duchess of Cambridge, and Prince William, Duke of Cambridge, celebrate a Great Britain gold medal in cycling last August at the Olympic Games in London. The couple has announced they are expecting their first child. Curious to see what the future monarch could look like? Metro used the power of the Internet and archive photos to make our own royal newborn. See the results at metronews.ca/royalbaby. For the story, see page 8. PASCAL LE SEGRETAIN/GETTY IMAGES

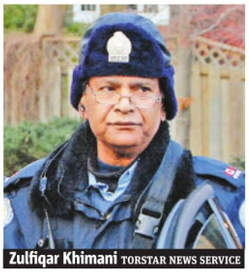
Meet a guy you wish wasn't so good at his job

T.O.'s ticket master.
Top parking officer single-handedly fined Toronto drivers nearly $4 million in five years

He zips around in an infamous Toronto police ticket mobile, whipping in and out at lightning speed to lay down the law with every bright yellow, you've-been-caught slip.

He roams downtown's northwest neighbourhoods, hitting up coffee shops, grocery stores and restaurants during peak times — morning coffee run, lunch hour — to maximize ticket distribution.

He is Zulfiqar Khimani, Toronto's top parking-enforcement officer. According to data obtained by Torstar News Service, Khimani has issued more tickets than any other parking-enforcement officer over the last five years. The hard figures:



Zulfiqar Khimani TORSTAR NEWS SERVICE

- 97,265 tickets issued between January 2008 and August 2012.
- An average of 59 tickets a day, mostly to vehicles in Forest Hill and North Toronto neighbourhoods.
- A total of $3,922,725 in fines for drivers.

The diligent public servant is earning his keep: Khimani is one of two parking-enforcement officers on Ontario's 2011 Sunshine List, last year earning $101,467.12.

A unit commander with the city's parking enforcement declined a request to accompany Khimani on his route. Approached by a reporter while he was ticketing a truck on Hillsdale Avenue West, near Yonge and Eglinton streets, Khimani declined to comment.

"Not right now," he said, shortly after writing a $40 ticket. "I am busy during rush hour." TORSTAR NEWS SERVICE

Better tech for 1st responders

New 3D tracking methods said to be more exact than GPS if a firefighter calls "mayday" PAGE 3

Red rover, send clues right over

Soil samples suggest there was more water on Mars than scientists initially thought PAGE 6

Kids not even safe at school?

Too many children go to class fearful of being attacked, says a new Plan Canada report PAGE 14

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Private medical clinics

Failed clinics will be named: Minister

The public will know the names of nine private medical clinics that failed inspections because they were found to be putting patients at risk, Ontario's health minister says.

The clinics are being kept secret by the College of Physicians and Surgeons of Ontario, which maintains it

Deb Matthews TORSTAR NEWS SERVICE

is prohibited by provincial legislation from naming names. TORSTAR NEWS SERVICE

Casa Loma

His casa es tu museum

It looks like Toronto's history will finally have a home in one of the city's most historic venues. Plans to use part of Casa Loma as a Toronto museum are moving ahead. Although, like Sir Henry Pellatt's 1914 dream home, which was never completed inside, the vision has been scaled back.

Casa Loma TORSTAR NEWS SERVICE

The city is looking for ideas from prospective operators. TORSTAR NEWS SERVICE

Re-made in China

$3.5M seized in counterfeit goods

Police seized about $3.5 million in counterfeit goods, including knock-off Viagra, police said Monday. Toys, beauty products, electronics, jerseys and purses were among the items seized. Project Consumer Safety was one of the largest seizures in Toronto history. TORSTAR NEWS SERVICE

Space-age technology may save first-responders' lives

Where's Officer Waldo? New systems overcome obstacles to indoor tracking

JESSICA SMITH
jessica.smith@metronews.ca

Toronto Emergency Task Force officers roamed around the quiet 13th floor of Toronto City Hall Sunday, as an international group of fire, police and EMS officials in council chambers monitored their vital signs and location in three dimensions.

It wasn't a coup; it was a demonstration of two kinds of emerging technology for first responders organized by the Canadian Interoperability Technology Interest Group (CITIG).

Formed by the Canadian associations of police, fire, and EMS chiefs, CITIG's goal is to improve both the communication technology used by Canada's first responders, and the "interoperability" between emergency services in different jurisdictions.

On Sunday, CITIG hosted a workshop which featured two companies that demonstrated their indoor 3-D location-tracking technology, and a third that demonstrated its biometric monitoring system. A group of about 100 people attended, representing fire, police and emergency medical services from across Canada and around the world.

"It's state-of-the-art technology that's not ready for prime-time," said CITIG's Executive Director, retired Ottawa police inspector Lance Valcour. "What you see on TV — CSI or NCIS Los Angeles, I hate to tell you, it's not real. It doesn't work that way. It's a futurist take."

Valcour said 3-D tracking using radio bands would find a firefighter who calls "mayday" before collapsing more accurately than using a GPS signal, which currently does not tell rescue teams which floor of a building the firefighter is on.

"Imagine going into Toronto City Hall, trying to find a firefighter in a building full of smoke," he said.

The biometric monitoring system would allow firefighters to be pulled off duty when their vital signs spike, to prevent them from dying from heart attacks, which is not uncommon in the profession.

3-D location technology tracks officers on-screen as they move through City Hall on Sunday. The demonstration, organized by CITIG, showcased emerging technology for first responders. ERIC TORUNSKI/CITIG

Early development

Tragic inspiration

The push to improve first-responders' safety began with a fire at an abandoned cold-storage facility in Worcester, Mass. that claimed the lives of six firefighters in 1999, said Toronto Fire Services Commander Andrew Kostiuk, who works on the 3-D tracking file for the Canadian Association of Fire Chiefs.

In the wake of the tragedy, the U.S. Department of Homeland Security teamed up with a Worcester college to develop technology to improve the safety of front-liners.

The 3-D tracking and biometrics monitoring technologies are a few years away from full-scale commercial viability, Kostiuk said. They need to be "ruggedized" to match the harsh environments firefighters face, and need to be affordable. "Any municipal service is faced with budget constraints," said Kostiuk.

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For GO riders, resistance to Presto is futile

Commuters. While many welcome fare card, others say glitches make old paper pass preferable

Fare hike

Under the new prices, commuters who now pay $7.35 per trip to Union Station will see a 55-cent increase. Those who pay between $5.81 and $7.35 will pay 45 cents more, and riders with trips costing between $4.50 and $5.80, will pay 35 cents more.

As TTC riders prepare to trade their tokens for the Presto fare card by 2015, some loyal GO commuters are still mourning their forced conversion to the new electronic system.

GO is discontinuing its monthly paper passes in the new year, converting the last faithful users to Presto or single-ride tickets. Metrolinx, the provincial agency that operates GO, has made it clear that resistance is futile. The paper passes aren't coming back, even though TTC riders are expected to be able to load a pass or a similar bulk fare on their Presto cards. For those dissatisfied with the new system, officials promise improvements are on the way as Ottawa and the TTC expand Presto's functionality, upgrades that will gradually be added to GO and 905-area transit systems that were the early Presto adapters.

Brampton GO commuter Dan Turner is one of the holdouts dreading the new year. He tried Presto but went back to the paper pass after he was late to work because his card went into a negative balance and locked him out.

TORSTAR NEWS SERVICE

Naked News anchors turn naked comedians

Naked News anchors, from left, Katherine Curtis, Rachel Simmons and Eila Adams in rehearsal for the world's first-ever nude stand-up comedy night at Yuk Yuk's on Tuesday. Natasha Olenski and Erica Stevens will also perform at the Richmond Street location and the event will be live-streamed. PHOTO CONTRIBUTED

Mayor out Monday?

Magder won't oppose Ford's stay bid: Lawyer

Rob Ford's chances of staying in the mayor's chair for least another couple of months improved with news that lawyer Clayton Ruby won't be at a Divisional Court hearing Wednesday.

That's where Ford's lawyer, Alan Lenczner, will urge a judge to stay, or temporarily freeze, Superior Court Justice Charles Hackland's ruling that the mayor breached conflict of interest rules and must "vacate" his office.

If the stay bid fails, Ford's turbulent two-year mayoralty ends Monday.

Ruby announced that his client, Toronto resident Paul Magder, has advised him to skip the stay hearing and not argue against Ford's bid to keep his job until a Jan. 7 appeal hearing and resulting decision expected weeks later. But, at that appeal hearing, they will fight to get Ford out.

TORSTAR NEWS SERVICE

Private operators should run gaming in Ontario: Hudak

Tory Leader Tim Hudak to make announcement Tuesday. TORSTAR NEWS SERVICE

A Progressive Conservative government would end the province's monopoly on booze sales by opening up competition to the Liquor Control Board of Ontario.

One day after calling for Queen's Park to get out of the day-to-day operation of gambling, Tory Leader Tim Hudak is expected to say Tuesday it's time to end the government's stranglehold on the sale of alcohol. According to a party insider, his announcement is one of several this week to underscore the difference between the PCs and the governing Liberals.

"I am having a press conference (Tuesday) around the future of retailing alcohol in our province," Hudak told reporters Monday, adding that tough decisions are needed to help dig Ontario out of its $14.4 billion deficit.

Just last week, Hudak told the Economic Club that a "massive bureaucracy" determines for example the size and shapes of alcohol bottles, "while rationing life-saving medicines for listing on the Ontario formulary."

On competition for the LCBO

"They should just basically be run by businesses just like in so many other states and provinces ... they could run them at a lower cost to the taxpayers, returns would probably improve for the province."

Tory Leader Tim Hudak

An aide later said Hudak has a plan to introduce more competition in a province where wine and spirit sales have been government-controlled since 1927. TORSTAR NEWS SERVICE

RICK MERCER REPORT
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Space exploration

Voyager enters 'magnetic highway'

NASA's long-running Voyager 1 spacecraft has entered a new region at the edge of the solar system and is close to exiting it forever.

Scientists have dubbed this region the "magnetic highway" and it's the last stop before interstellar space, or the space between stars.

Voyager 1 and Voyager 2 launched 35 years ago on a tour of the outer planets. Afterward, both spacecraft continued to hurtle toward the fringes of the solar system. THE ASSOCIATED PRESS

Artist's rendering showing Voyager 1 at the edge of the solar system. NASA/THE ASSOCIATED PRESS

NASA reveals new data collected by Mars rover

Signs of life? Curiosity's soil findings, combined with earlier evidence, make it more likely there was once water on the Red Planet

MICHELLE CASTILLO
Metro World News in London

Though Monday's NASA Mars Curiosity rover announcement wasn't about extraterrestrial life, scientists were excited to share that soil analysis from the Red Planet has revealed interesting results.

An analytical laboratory inside the rover's arm determined that soil samples from "Rocknest," inside the Gale Crater, contained high levels of water, salts, sulfur and chlorine-containing substances. This evidence shows that there is an even higher possibility that there was water once on the planet.

"We have no definitive detection of Martian organics at this point, but we will keep looking in the diverse environments of Gale Crater," said SAM principal investigator Paul Mahaffy of NASA's Goddard Space Flight Center in Greenbelt, Md.

What makes scientists so excited about this discovery is that water is known to be an essential ingredient for life, according to Dr. Nilton O. Renno, a professor of atmospheric, oceanic and space science at the University of Michigan. Renno was previously involved with the prior Mars rover mission, Phoenix.

"Everywhere we have water, we have bacteria," Renno said. "If you are going to look for life on another planet, the first thing you have to do is look for water."

Renno explained that the Martian soil contained high levels of volatiles, which turn into water vapour, chlorine and oxygen that are released from the soil when it is heated. The levels of salts found also suggested that there was more water on the planet once than scientists initially suspected.

"The more we look at Mars, the more interesting it gets to be," he said.

The work site of the NASA rover Curiosity on Mars. Results are in from the first test of Martian soil by the rover: So far, there is no definitive evidence that the Red Planet has the chemical ingredients to support life. NASA/THE ASSOCIATED PRESS

Mars

Finding life not really Curiosity's job

Curiosity's main mission is to study whether the Red Planet is habitable, and most of the tools on the rover are there to help reach that goal. It's not really equipped to find extraterrestrial life, but rather to see if Mars could support life, Renno explained.

There's also a high possibility that any bacteria found by or on the machine could have come from our own planet. Renno said that it could take quite some time to analyze anything found to see if it is extraterrestrial, meaning we probably won't get the results while the rover is still on Mars.

"We really have to be sure that anything we found is not contamination from things we took from Earth," Renno said. "We want to be sure what we find is something from Mars ..."

Buyer beware. B.C. auto insurer warns of imports of flood-damaged cars

The Insurance Corp. of B.C. is warning vehicle purchasers to beware a possible flood of vehicles from the United States that have been flood-damaged by Hurricane Sandy.

The public auto insurer issued the warning after the American Association of Motor Vehicle Transport Administrators said tens of thousands of vehicles on the U.S. east coast were submerged in salt- and bacteria-contaminated waters.

Transportation Minister Mary Polak points out that more than half a million vehicles were damaged during Hurricanes Katrina and Rita, and thousands of those vehicles were imported into Canada — even though they're not legal to drive on our roads.

Flood-damaged vehicles are classified in Canada as "non-repairable" and don't qualify for road use. THE CANADIAN PRESS

Cars piled on top of each other at the entrance to a garage on South Willliam Street in Lower Manhattan as New York began to clean up after Hurricane Sandy. GETTY IMAGES FILE

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Online sensation

Homeless man hides new boots

The NYC homeless man — whose gift of boots from an NYPD police officer became an online sensation — is back on the streets with no shoes. Jeffrey Hillman says he's hidden them because they're "worth a lot of money." TORSTAR NEWS SERVICE

Reality TV

Amazing Race comes to Canada

Producers of The Amazing Race Canada promise the show will stand shoulder-to-shoulder with its slick U.S. counterpart, even though competitors will never leave the country.

CTV executive Phil King says the network spent a lot of time debating whether or not to send competitors around the world. In the end, they decided to showcase the country's diversity.

"Canada (is) so diverse and not only in terms of land mass and climates — whether you go from Vancouver to the north or in the Prairies (with their) varying climates all the time — but even the people have very distinct cultures." THE CANADIAN PRESS

Movember

Canada earns mo' money for cancer

For the second year in a row, Canadians participating in the Movember campaign for prostate cancer research have raised more money than people in any other country.

The sixth annual event, which drew to a close last Friday, has so far raised more than $37 million for men's health initiatives.

In all, 247,066 Canadians took part in raising funds and awareness for Prostate Cancer Canada.

Movember is a month-long fundraising campaign where men start the month of November with a clean-shaven face, then grow their moustaches throughout the month. THE CANADIAN PRESS

Twitter

"Laureen and I congratulate the Duke and Duchess of Cambridge on their wonderful news #royalbaby"

@pmharper, via Twitter

Catherine, Duchess of Cambridge, takes part in a day of celebrations to mark St. Andrew's Day at St. Andrew's School on Friday in Pangbourne, England, days before palace officials announced she is pregnant. GETTY IMAGES

Pregnancy sends Kate to hospital

Expecting. Duchess of Cambridge hospitalized with severe form of morning sickness

The most widely anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from across the world, with the hashtag "royalbaby" trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging the gregarious Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

Palace officials would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The palace said the duchess was hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe no food or liquid can be kept down. They said she was expected to remain hospitalized for several days and would require a period of rest afterward.

The condition is thought to affect about one in 200 pregnant women, but Gaither said less than one per cent of women with the condition need to be hospitalized.

The news came just days after the duchess, on a royal appearance, was playing field hockey with schoolchildren at her former school.

William is second in line to the throne after his father, Prince Charles, so the couple's first child would normally become a monarch — eventually.

The confirmation of Kate's pregnancy caps a jam-packed year of highs and lows for the young royals, who were married in a lavish ceremony at Westminster Abbey last year.

They have travelled the world extensively as part of the Queen's Diamond Jubilee celebrations and weathered the embarrassment of a nude photos scandal, after a tabloid published topless images of the duchess.

THE ASSOCIATED PRESS

Potentially dangerous

Uncommon illness

While morning sickness in pregnant women is common, the problem the Duchess of Cambridge has been hospitalized with is not.

"It's not unusual for pregnant women to get morning sickness, but when it gets to the point where you're dehydrated, losing weight or vomiting so much you begin to build up (toxic) products in your blood, that's a concern," said Dr. Kecia Gaither, director of maternal fetal medicine at Brookdale University and Medical Center in New York.

Hyperemesis gravidarum tends to be more common in young women, in non-smokers, in women who are pregnant for the first time and in those expecting multiple babies.

Doctors aren't sure what causes it, but suspect it could be linked to hormonal changes or nutritional problems. Gaither said the condition usually subsides by the second trimester.

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Trudeau feeling the heat for gun registry comments

Firearms policy.
Projected Liberal front-runner accused of flip-flopping as divisive debate re-ignites

Justin Trudeau scrambled to explain his stance on gun control Monday as the Liberal leadership candidate took flak from opposing sides on the divisive issue.

The presumed Liberal front-runner tried to mollify both sides of the debate, rekindled over the weekend by his description of the long-gun registry as a failed policy.

Trudeau spent a news scrum with reporters handling one of the first divisive policy debates to have erupted during his campaign.

He explained that he hadn't actually flip-flopped on the gun registry.

Liberal leadership candidate Justin Trudeau on Monday.
RYAN REMIORZ/THE CANADIAN PRESS

In fact, Trudeau said, he always supported it, and still does support it in principle. But he said now that it's gone it's too divisive to try bringing it back.

In the next breath, however, Trudeau added that he supports Quebec's effort to bring it back in that province because he said the measure is not divisive there.

Finally, he explained why the long-gun registry fit his definition of a "failed" public policy.

"I voted to keep the firearms registry a few months ago and if we had a vote tomorrow I would vote once again to keep the long-gun registry," Trudeau told reporters.

"However, the definition of a failed public policy is the fact that the long-gun registry is no more. The fact is, because it was so deeply divisive for far too many people, it no longer exists."

Trudeau said he would rather spend the next three years, before the federal election, trying to find evidence-based policies that will unite Canadians and not divide them.

THE CANADIAN PRESS

No swan songs in this park

Kyna Intini enters the data of a newly tagged young trumpeter swan at LaSalle Park in Burlington on Monday. Intini volunteers with the Ontario Trumpeter Swan Restoration Group, which seeks to preserve and increase trumpeter populations. CHRIS SO/TORSTAR NEWS SERVICE

Response to UN vote

Canada mutes criticism of Israeli settlement plans

Canada is standing apart from its major allies, the U.S. included, in refusing to condemn Israeli plans for new settlements in areas claimed by the Palestinians.

On Friday, Israel announced plans to build 3,000 settler homes in the West Bank and east Jerusalem to punish the Palestinians for winning greater recognition at the United Nations General Assembly the previous day.

THE CANADIAN PRESS

Suspected arson

Purported ex-spy's house torched

A fire has ravaged the home of a Montreal man with a colourful past as a self-described Israeli spy and purported international arms broker.

The police arson squad is investigating the fire that gutted the upscale Westmount home of Ari Ben-Menashe. Police say a suspect was seen fleeing.

THE CANADIAN PRESS

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Judge scoffs at abusive coach's latest argument

Graham James. Crown appealing former hockey coach's sentence after sexual abuse convictions

A Manitoba Court of Appeal judge bristled Monday at suggestions disgraced former hockey coach Graham James ever thought he had "loving" relationships with the players he abused.

James is already eligible to ask for full parole and will be eligible for statutory release next summer, if his sentence remains unchanged.

He pleaded guilty earlier this year to sexually abusing NHL star Theo Fleury and his younger cousin Todd Holt when they played for him. James was a respected coach in the Western Hockey League in the 1980s when the abuse took place.

Graham James THE CANADIAN PRESS FILE

The Crown appealed the sentence and argued Monday that four years would have been more appropriate.

James's lawyer Evan Roitenberg said the two-year sentence should stand, suggesting it is too harsh.

At trial, Roitenberg had argued for no jail time and said he still thinks that would be fair given the circumstances of the case.

Roitenberg said James had an "epiphany" while in counselling after he was first jailed and realized what he had done to his victims. Until then, he thought they were in loving relationships.

That was too much for Appeal Court Justice Al MacInnes, one of the three on the panel hearing the case.

"For me, you are pushing a big rock up a steep hill if you want me to accept that," said the judge, who noted James threatened players to keep them from exposing him.

MacInnes made it clear that if it had been up to him, the sentence would have been stiffer.

THE CANADIAN PRESS

Newest addition to the Supreme Court

Justice Richard Wagner is sworn in by Registrar of the Supreme Court of Canada Roger Bilodeau during his official welcoming ceremony at the Supreme Court of Canada in Ottawa on Monday. (The red gown and fur trims may seem seasonally appropriate, but are in fact part of the standard ceremonial outfit.) Wagner, 55, was appointed earlier this fall by the Conservative government. He is the middle child of former Quebec Liberal cabinet minister and one-time federal Conservative leadership candidate Claude Wagner. SEAN KILPATRICK/THE CANADIAN PRESS

Barista homicide. Alleged kidnapper, serial killer found dead in Alaska jail

A man who apparently committed suicide in an Alaska jail while awaiting trial in the death of an Anchorage barista also killed a Vermont couple last year after travelling across the country looking for someone to kidnap and murder, authorities said Monday. He may be linked to five other possible slayings around America.

Israel Keyes, 34, was to stand trial in March in Anchorage federal court for the death of an 18-year-old who was abducted from a coffee kiosk in the city last February. He was later arrested in Texas after using the victim's debit card.

Keyes was found dead in his cell Sunday. THE ASSOCIATED PRESS

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School kids fear abuse, report says

National action. Children's-rights advocates, U of T human-rights program want feds to develop plan to protect children

Girls in West Africa exploited by their teachers have coined a phrase: "Sexually transmitted marks."

If they don't have sex with their teachers, they'll get poor grades.

In other places, girls call this practice "bush stipend or "the chalk allowance" — the promise of sexual favours for teachers in remote areas.

Too many children go to school fearful of being attacked, says a new report from the children's rights' organization Plan Canada and the International Human Rights Program at the University of Toronto. Some 80 per cent of kids in the developing world are afraid of being smacked, kicked, pinched, flogged and caned by teachers or school administrators — people they should trust.

"Gender-based violence has become a normal part of going to school and being in school,' says Rosemary McCarney, Plan Canada's President and CEO. "And it's not eliciting shock and horror. But it should be, no less than being shot for going to school or being cyber-bullied."

Canada is not immune. The World Health Organization ranked Canada 27th out of 35 countries for rates of bullying and victimization.

Plan Canada and U of T's human-rights program are calling on the federal government to develop a national action plan with the provinces to protect children, especially at school. There are models in Australia and the United Kingdom.

The study authors are also asking Statistics Canada to collect national data — some is nearly 30 years out of date — on school-related violence against girls and boys.

A young woman identified by the name Erum — the pseudonym is to protect her safety when she returns home to Pakistan — is visiting Canada and speaking Tuesday in Ottawa at an all-party parliamentary breakfast about the school-based sexual and physical violence girls face.

People wait for the march to begin, including Amanda Peet with her sign. Hundreds of Annex residents staged a protest and march through their neighbourhood earlier this year in response to the spate of sex assaults. TORSTAR NEWS SERVICE FILE

Legislation to protect kids in school is piecemeal depending on the province and the school board, says Renu Mandhane, director of the International Human Rights Program at the University of Toronto's Faculty of Law, a co-author of the report.

Kids who are aboriginal, non-heterosexual and those with intellectual disabilities are more vulnerable to abuse at school and more likely to drop out, says the report, "A Girl's Right to Learn without Fear."

"There used to be safe spaces where kids could to escape the school yard bully, but even home isn't safe any more," Mandhane says. "They go on Facebook and there it is all over again."

TORSTAR NEWS SERVICE

Ottawa

A Pakistan woman will relay her tale of teasing for going to school on a visit to Ottawa.

- A young woman identified by the name Erum — the pseudonym is to protect her safety when she returns home to Pakistan — is visiting Canada and speaking Tuesday in Ottawa at an all-party parliamentary breakfast about the school-based sexual and physical violence girls face. Even though fully covered while walking to school, she was pestered by shopkeepers or boys hanging around on the street, she says. "They teased me; they made bad comments and harassed me. On the bus, the driver and other people tried to touch me. There was no space." Girls began to travel in groups, sometimes with one of their mothers, so they would not be intimidated. "At first I was so confused and it was very difficult. Then I thought, why should I be forced to stop learning?"

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Veterans. U.S. Senate dodges issue of gun rights for mentally ill

A U.S. Senator's push to allow mentally ill war veterans to own guns had briefly threatened to derail a $631-billion US defence bill for reshaping a military that is disengaging from a decade of warfare.

Sen. Tom Coburn had sought to amend the bill to stop the Veterans Affairs Department from putting the names of veterans deemed too mentally incompetent to handle their finances into the National Instant Criminal Background Check System, which prohibits them from buying or owning firearms.

Congressional aides said Coburn will likely drop his effort to amend the defence bill with his proposal, but that he intends to try again on other bills coming to the Senate floor. THE ASSOCIATED PRESS

Small number

The number of veterans directly affected by the VA's policy is not large.

- Only 185 out of some 127,000 veterans added to the gun-check registry since 1998 have sought to have their names taken off.

Wyoming

$400K dinosaur fossil seized

U.S. customs have seized from a Wyoming home a dinosaur skull that came from a close relative of the Tyrannosaurus rex and is worth between $250,000 and $400,000. THE ASSOCIATED PRESS

SeaWorld in Florida

Girl bitten while feeding dolphin

The family of an eight-year-old Georgia girl says she suffered minor injuries after a dolphin bit her hand at SeaWorld in Orlando, Fla., as she was feeding it fish. THE ASSOCIATED PRESS

Louisiana town evacuates as police relocate explosives

This aerial photo provided shows part of the smokeless explosive powder improperly stored outside a munitions dismantling facility at Camp Minden at Doyline, La. Police moved millions of pounds of explosives Monday that had been haphazardly stashed in warehouses in Louisiana, prompting hundreds to evacuate. LOUISIANA STATE POLICE VIA THE (SHREVEPORT) TIMES/THE ASSOCIATED PRESS

Artillery propellant. Trooper following up on earlier explosion discovered material stored in containers that had spilled open

Weather could complicate the transfer of roughly 2.72 million kilograms of explosives that state officials say were haphazardly stored at an industrial site in northwestern Louisiana and led to the evacuation of a small town, a state police spokeswoman said Monday.

If lightning is spotted within eight kilometres of the site, authorities will suspend efforts to move the artillery propellant.

Quoted

The explosive material was "stuffed in corners. It was stacked all over."

Col. Mike Edmondson, commander of Louisiana State Police

Officials estimate that more than half of Doyline's 800 residents heeded police advice to evacuate in advance of the cleanup at the Explo Systems Inc. site.

Col. Mike Edmondson, commander of Louisiana State Police, said the material is stable and would need an ignition source to explode. Precautions were taken because officials fear that any spark could set off a huge explosion of the material, which they said was stored improperly in a relatively small area.

Edmondson said that Explo Systems leases and controls about 400 acres of the 15,000-acre Camp Minden, a former ammunition plant that now is a state-owned industrial site and home to a National Guard training facility. He estimated that the M6 propellant was stored in an area of less than 10 acres.

Edmondson said that in two days, crews had moved nearly 450,000 kilograms from the tightest-packed buildings into approved containers and onto 27 tractor-trailers. THE ASSOCIATED PRESS

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Fugitive McAfee says he's left Belize

Wanted. Eccentric entrepreneur continues to evade police using ruses and disguises

Software company founder John McAfee said Monday he has fled from Belize using a bizarre ruse, adding yet another chapter in what threatens to become one of the biggest media fugitive frenzies since the O.J. Simpson chase in 1994.

McAfee claimed in a blog posting he had evaded authorities by staging an elaborate distraction in neighbouring Mexico. In an email, McAfee confirmed a posting to his website in which he described, in seemingly joking tones, how he set the ruse.

"My 'double,' carrying on (sic) a North Korean passport under my name, was detained in Mexico for pre-planned misbehaviour," McAfee wrote, "but due to indifference on the part of authorities (he) was evicted from the jail and was unable to serve his intended purpose in our exit plan."

It was a turn typical of the bizarre saga of the eccentric anti-virus company founder wanted for questioning in connection with the killing of fellow American ex-pat Gregory Viant Faull, who was shot to death in early November at the Belize island where they both had homes.

Since then, McAfee has refused to turn himself in for questioning saying he fears Belizean police would kill him.

Vice magazine, two of whose journalists are reportedly with McAfee, posted a story entitled We Are with John McAfee Right Now, Suckers.

McAfee posted that he left Belize because he thought "Sam," the young woman who has accompanied him since he went on the lam, was in danger. THE ASSOCIATED PRESS

The Faull murder

Faull was shot in his home, a couple of houses down from the compound where McAfee kept noisy dogs and entertained a stream of young women. McAfee acknowledges that Faull had complained about the dogs but denied killing Faull. Four of the dogs were poisoned shortly before Faull's killing.

John McAfee THE ASSOCIATED PRESS FILE

Red line

U.S. warns Syria on chemical weapons

President Barack Obama warned Syria on Monday that the use of chemical weapons would be "totally unacceptable" and that the country's leaders would be held accountable. Obama said that if Syrian President Bashar Assad deployed chemical weapons, there would be consequences. The comments came as officials said intelligence had detected Syrian movement of chemical weapons components in recent days. THE ASSOCIATED PRESS

Adoption fraud

French aid workers tried for fraud

French aid workers are on trial on fraud charges after trying to bring 103 children from central Africa to France for adoption, claiming they were orphans from Sudan's troubled Darfur region. Six workers for Zoe's Ark were arrested in Chad in 2007. An investigation found the children were from Chad and most were not orphans. The workers were sentenced in Chad but were later transferred and pardoned by Chad's president. THE ASSOCIATED PRESS

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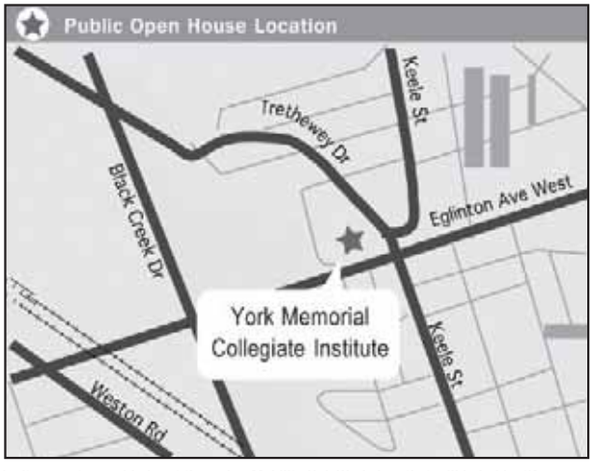
Metrolinx invites you to attend a public information meeting to learn more about:

- a change to the west light rail transit alignment that will enable an underground station at Weston Road and Mount Dennis, and
- the preliminary planning for a new vehicle maintenance and storage facility at Eglinton and Black Creek.



Metrolinx also invites you to provide input through a Mobility Hub Workshop that will help identify community opportunities to shape the future vision for the area.

The information meeting will be held starting at 6:30 p.m. with an opportunity to view displays and speak one-on-one with staff. The Mobility Hub Workshop will follow, beginning at 8:00 p.m. We look forward to seeing you there.

Date: Wednesday, December 12, 2012
Time: 6:30 p.m. – 9:30 p.m.
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Que. father mourns 'inexplicable' loss of young children

Drummondville. Police wait to talk to mother in deaths of siblings aged 2, 4 and 5

A local resident looks at flowers placed in front of a house, where three young siblings were found dead in the family dwelling, on Monday in Drummondville, Que. PAUL CHIASSON/THE CANADIAN PRESS

A Quebec father of three young children was struggling Monday to make sense of the tragic death of his three children.

The children — Lorelie and Anais, aged five and two, and their four-year-old brother Loic — were found dead the previous day after a 911 call from their mother's home in Drummondville, a town about an hour outside Montreal.

Patrick Desautels said the deaths left him speechless. He asked journalists to allow the family to grieve in peace.

"We are currently together as a family and this tragedy leaves us without words," the grief-stricken father wrote in a statement. "The police investigation will tell us more about the circumstances of the tragedy. What has taken place is inexplicable."

The circumstances surrounding the children's deaths remained mysterious Monday. Quebec provincial police said they hoped that the mother of the three children — Desautels' ex-wife — could deliver some answers.

The mother, 33, was also transported to hospital for unspecified reasons. She was described as an "important witness" by police. Although her life was not deemed to be in danger, she had not met with investigators on Monday afternoon. THE CANADIAN PRESS

Found in dumpster. Cruelty charge laid in dog's death

Almost five months after Captain the German shepherd was found in a Vancouver dumpster, bloodied, bruised and crying in pain, the dog's alleged owner has been charged with animal cruelty, says the SPCA.

Brian Whitlock, 26, is scheduled to appear in Vancouver provincial court Dec. 7 on the Criminal Code charge of causing unnecessary pain or suffering to an animal, said Lorie Chortyk, a spokeswoman for the British Columbia SPCA.

The dog died July 19, one day after being admitted to care, suffering from lacerations and massive bruising to its head and body.

Captain's death prompted protests and even a vigil against animal cruelty at an off-leash dog beach in Vancouver.

Chortyk said they received emails and telephone messages from thousands of people across North America who were outraged over the brutal attack. THE CANADIAN PRESS

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Circus Circus
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New York Air + 3 Nights $524
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Cancun 7 Nights 4-Star $832
Oasis Cancun
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Los Cabos 7 Nights 4-Star $842
Holiday Inn Los Cabos
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Puerto Vallarta 7 Nights 5-Star $906
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Canada

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Starbucks accused of grande-sized tax dodge

Britain. Legislators want Parliament to clamp down on multinationals that exploit U.K. tax laws

British lawmakers on Monday accused major multinational companies including Starbucks, Google and Amazon of immoral tax avoidance, while Starbucks announced it is reviewing its British tax practices in a bid to restore public trust.

Parliament's public accounts committee said the government should "get a grip" and clamp down on multinationals that exploit tax laws to move profits generated in Britain to offshore domains.

"Global companies with huge operations in the U.K., generating significant amounts of income, are getting away with paying little or no corporation tax here," said Labour legislator Margaret Hodge, who chairs the all-party committee. "This is outrageous and an insult to British businesses and individuals who pay their fair share."

A man walks out of a Starbucks in west London on Monday. British lawmakers want to clamp down on multinational corporations, including Starbucks, that they say are guilty of exploiting tax laws. THE ASSOCIATED PRESS

As the British economy splutters amid Europe's economic crisis, and the government slashes spending in a bid to curb the deficit, public anger has grown against companies that pay little tax while making large profits.

Companies operating in Europe can base themselves in any of the 27 European Union nations, allowing them to take advantage of a particular country's low tax rates.

Google has picked Ireland and Bermuda as its main bases, while coffee chain Starbucks has its European base in The Netherlands and pays British tax only after transferring large sums in royalties to its Dutch headquarters.

Hodge said executives from the three companies had been "unconvincing and, in some cases, evasive" when they appeared before the committee last month to explain their tax regimes. And she accused Britain's tax agency of being "way too lenient" in dealing with multinationals.

Starbucks, whose outlets have been targeted by the protest group U.K. Uncut, said in a statement that it had "listened to feedback from our customers and employees, and understand that to maintain and further build public trust we need to do more." THE ASSOCIATED PRESS

By the numbers

$2.9M

The committee said online retailer Amazon paid $2.9 million in British tax in 2011, on turnover of about $331 million.

His Holiness tweets

The Pope Benedict XVI Twitter web page is displayed at the Vatican press hall on Monday. He will join the tweeting masses on Dec. 12 using the handle @Pontifex, responding live to questions about faith during his weekly general audience. Questions can be submitted to #askpontifex, and the Pope will likely respond to three to five of them, said the Vatican's communications adviser Greg Burke. GREGORIO BORGIA/THE ASSOCIATED PRESS

Nielsen research

TV viewers are increasingly social

Television viewers are becoming more active while watching now, judging by the findings in a new report that illustrates the explosive growth in people who watch TV while connected to social media on smartphones and tablets. The Nielsen company said that one in three people using Twitter in June sent messages at some point about the content of television shows, up 27 per cent from five months earlier. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.51¢ (-0.13¢)

TSX 12,169.74 (-69.62)

OIL $89.09 (+18¢)

GOLD $1,721.10 US (+$8.40)

Natural gas: $3.59 (+3¢)
Dow Jones: 12,965.60 (-59.98)

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Canada's food sector strong enough to go it alone, report says

Government supports. Conference Board asks domestic producers to look to emerging markets for growth

Canada's food industry would do fine — better in fact — if supply management and other government supports were eliminated, a new report from the Conference Board argues.

While it's not the first time the Ottawa-based think-tank has called for market liberalization of Canada's protected agricultural sector, the report calls on producers to look to the demand explosion in emerging markets for growth, and not simply protecting their domestic turf.

It notes the major source of growth in the world's food demand is in countries that are already net food importers.

The Conference Board's report comes as Canada is being asked by trading partners to dismantle supply management systems that protect domestic producers of eggs, milk and poultry. GETTY IMAGES FILE

"The Canadian food industry's prospects are better than ever: the sky is the limit," the report issued Monday states.

"We know, for instance, that most of the two billion additional people that the world will add between now and 2050 will be in developing countries.

"These countries are getting richer, increasing their average calorie consumption, and relying more on meat and less on starches for their dietary needs."

The report comes as Canada is being asked by trading partners to dismantle supply management systems that protect domestic producers of eggs, milk and poultry. Eliminating or reforming the system is a key demand of the European Union in free trade talks with Canada.

THE CANADIAN PRESS

Protecting our turf?

The Conference Board argues that Canada is one of the most protective countries in the world in terms of support systems it has put in place for its farmers.

Working world

Bonus! 25% expect year-end payout

One in four working Canadians responding to a BMO survey say they expect to get a year-end bonus this holiday season.

The report also suggests that of those who are eligible to receive a bonus, 44 per cent anticipate taking one home, up significantly from 29 per cent last year.

About 86 per cent of those expecting a year-end bonus believe it will be the same or more than last year. Half of those expecting bonuses say they'll use it to boost savings or pay down debt. The next most popular way to spend bonuses was to help pay for holiday spending. THE CANADIAN PRESS

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Frustrated scientist develops pain reliever for ailing wife. Bobby Orr speaks up to help people in pain.

In 2007, pain medications had failed to help Dr. Joseph Gabriele's wife get out of bed for more than a year. As a respected specialist in molecular pharmacology, Gabriele was forced into his laboratory outside the university in pursuit of developing a pain reliever that would relieve Sue's exhausting struggle for peace and comfort.

The ***natural pain reliever*** he created is now known as LivRelief.

Gabriele understood he must follow his moral compass in order to help others overcome pain; particularly those who had given up hope.

Dr. Gabriele asked himself - *What athlete has impeccable integrity; suffers pain from severe injuries; and is sensitive to helping others?*

Bobby Orr was the ideal candidate. Orr has two artificial knees. Six surgeries and chronic pain cut short his career. With little-to-no downside, Orr skeptically agreed to sample LivRelief.

"After three weeks, I went to my wife Peggy and said "Could this be in my head? She said let me try this on my elbow. A few days after that she came back to me and said do you have any more of that stuff?" Orr gave LivRelief to his sister who has arthritis in her hands, and also to his nephew and his golf pro. Two years have since passed.

"The results have been incredible. I would recommend it to anyone suffering in pain"

Now, ***retail stores*** across Canada and the United States are ***stocking up on LivRelief Pain*** Relief Cream and ***LivRelief Nerve Pain Relief.*** Priced at $30.

Find LivRelief at: Shoppers Drug Mart, Rexall, select pharmacies, Metro, Sobey's, GNC and local health food stores.

Bobby Orr speaks up to help other people discover pain relief. Please speak up too. **PLEASE SHARE** your opinion and experience at **www.livrelief.com**

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OSC files allegations against Sino-Forest auditor Ernst & Young

Regulator weighs in. Accusations come as firm agrees to largest class-action settlement by an auditor in Canadian history

Quoted

"Unfortunately this situation is symptomatic of a pervasive and global problem: That auditors see their primary duties as being toward management, rather than to shareholders."

Carson Block, research director of Muddy Waters, which first accused Sino-Forest last year of being a massive fraud, prompting investigations by the Ontario regulator and the RCMP.

The Ontario Securities Commission accused Ernst & Young on Monday of failing in its audits of troubled Chinese forestry company Sino-Forest Corp., which has since collapsed amid allegations of being a massive fraud.

The accusations came as the auditors agreed to a $117-million civil settlement in connection with a class-action lawsuit in the case — a settlement the law firms involved characterized as the largest by an auditor in Canadian history.

The provincial regulator accused Ernst & Young on Monday of failing to conduct their audits of the company in accordance with industry standards.

The OSC has also accused the accounting firm of failing to do enough to verify the existence of Sino-Forest's most significant assets and conduct their audits with a "sufficient level of professional skepticism."

"Ernst & Young failed to adequately respond to a number of unusual facts and findings that came to its attention in the course of conducting the audits of the material financial statements," the regulator said in its statement of allegations.

"These facts and findings should have caused Ernst & Young to treat the representations of Sino-Forest management with greater caution and to perform additional audit procedures and to obtain additional evidence from independent sources." The allegations have not been proven in court.

The accounting firm said it has co-operated with the OSC throughout the investigation into Sino-Forest.

"We are confident that Ernst & Young Canada's work was conducted in accordance with Generally Accepted Auditing Standards and met all professional standards," the firm said in a statement.

"The evidence we will present to the OSC will show that Ernst & Young Canada did extensive audit work to verify ownership and existence of Sino-Forest's timber assets."

THE CANADIAN PRESS

Restructuring plan

- Sino-Forest's creditors approved its restructuring plan under the Companies' Creditors Arrangement Act on Monday. The plan will see its creditors take over the company after 99 per cent of those affected backed the move.

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BB10

RIM shares are overpriced, analyst says

Shares in Research In Motion are overpriced and the BlackBerry maker's new operating system likely won't return the company to profitability, says an analyst who has put a "sell" rating on the stock.

Canaccord Genuity analyst Michael Walkley has set RIM's share price at $10 US — substantially lower than estimated share prices issued by other analysts in recent weeks.

"Our checks do not indicate the consumer pull, carrier push, or developer excitement necessary for BlackBerry 10 to reverse the challenging trends faced by RIM in order to return the company to sustained profitability," Walkley wrote in a research note.

BlackBerry 10 will be unveiled on Jan 30 and is widely considered a make-or-break product for RIM.

THE CANADIAN PRESS

A BlackBerry employee holds a mobile phone. THE ASSOCIATED PRESS

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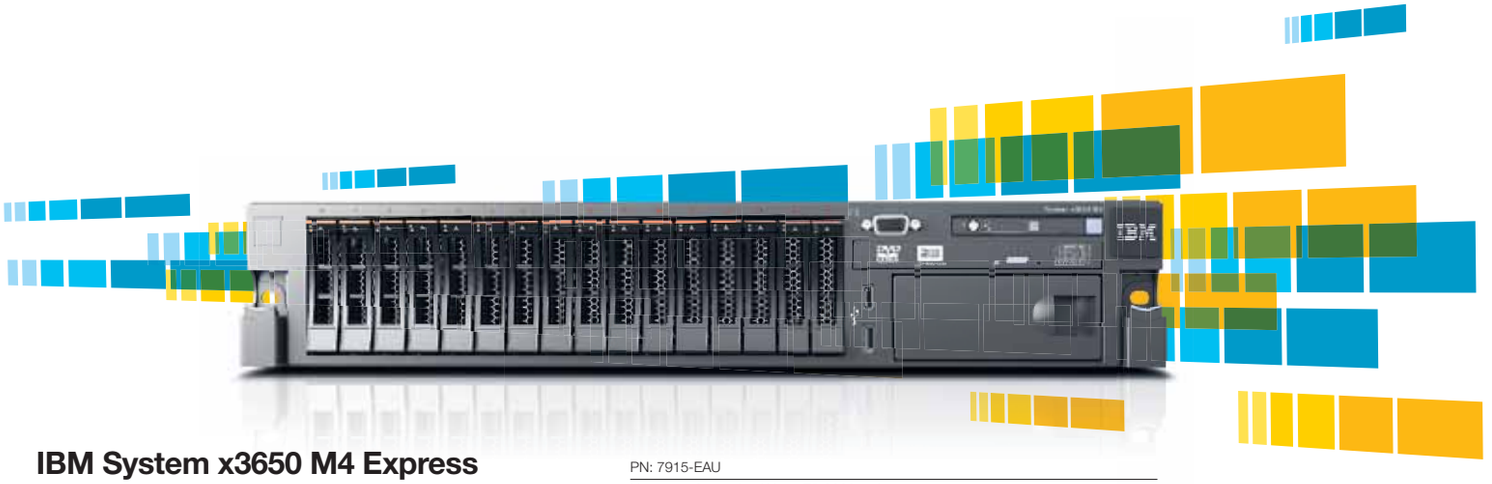

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1. TBR Report – "IBM System x® x86 servers: Meeting the demands of today's enterprises by combining value and support," January 2012. **2.** Source: Intel Performance comparison using SPECfp*_rate_base2006 benchmark. Baseline score of 267 on prior generation 2S Intel® Xeon® processor X5690 (3.46 GHz, 6 core, 12MB L3, 6.4 GT/s, 130W) based platform published at www.spec.org as of 6 Sept 2011. Estimated new score of 486 on 2S Intel® Xeon® processor E5-2690 (2.90 GHz, 8 core, 20MB L3, 8.0 GT/s, 135W) based platform is based on Intel internal measured estimates as of 6 Sept 2011 using two Intel® Xeon® processor E5-2690, Turbo Enabled, EIST Enabled, Hyper-Threading Enabled, 64 GB memory (8 x 8 GB DDR3-1600), Red Hat® Enterprise Linux Server 6.1 beta for x86_6, Intel® Compiler 12.1. **3.** x3650 M4 supports up to 768 GB of memory using 32 GB LRDIMMs in it 24 memory slots. Previous generation x3650 M3 supports up to 192 GB of memory. **4.** Ships with 4 1 Gb Ethernet ports standard and supports integrated slot-less 10 Gb Ethernet with Virtual Fabric. Previous generation server includes 2 1 Gb Ethernet slots and requires use of a PCI Express slot to support 10 Gb Ethernet. *Available later in 2012. IBM hardware products are manufactured from new parts or new and serviceable used parts. Regardless, our warranty terms apply. For a copy of applicable product warranties, visit http://www.ibm.com/servers/support/machine_warranties. IBM makes no representation or warranty regarding third-party products or services. IBM, the IBM logo, BladeCenter, System Storage, Storwize and System x are registered trademarks of International Business Machines Corporation registered in many jurisdictions worldwide. Other product and service names might be trademarks of IBM or other companies. For a current list of IBM trademarks, see www.ibm.com/legal/copytrade.shtml. Intel, the Intel logo, Xeon and Xeon Inside are trademarks of Intel Corporation in the U.S. and other countries. All prices and savings estimates are subject to change without notice, may vary according to configuration, are based upon IBM's estimated retail selling prices as of 11/06/12 and may not include storage, hard drive, operating system or other features. Reseller prices and savings to end users may vary. Products are subject to availability. This document was developed for offerings in Canada. IBM may not offer the products, features, or services discussed in this document in other countries. Contact your IBM representative or IBM Business Partner for the most current pricing in your geographic area. © 2012 IBM Corporation.

REAL CHEMISTRY DOESN'T COME FROM A TOUCH SCREEN

SHE SAYS...
Jessica Napier
metronews.ca

My boyfriend has no patience for texting. When he wants to talk he won't hesitate to pick up the phone and call me. This more traditional approach puts him in the same category as my grandparents and my dentist and it drives me crazy. Frankly, I just don't have enough daytime minutes to carry out my relationship verbally.

For modern couples who have grown up in the age of cellphone dependency, there's no separating technology from the relationship. Texting — which is far less intrusive than an actual phone call and has the added benefit of being more affordable — has become our preferred method of communication.

Communication conundrum

An unanswered text can turn the sanest individual into a panicking ball of neuroses.

Last month, Virgin Mobile Canada released a new study on how smartphones are changing the dating habits of men and women across the country. According to the survey, 40 per cent of Canadians aged 18 to 34 believe that texting has made their love life better.

We're relying on our pocket technology more than ever to negotiate new relationship terrain and, in turn, creating a whole new set of issues for ourselves. We consult friends to help interpret cryptic texts, judge potential suitors on their grammar and agonize over our response time — a too-quick reply can take you from looking interested to looking desperate. Excessive emoticon use — especially that ambiguous tongue-out-smiley-face — can lead to serious confusion about the meaning of our words. And worst of all, an unanswered text can turn the sanest individual into a panicking ball of neuroses.

There's no doubt that smartphones can make courtship infinitely more complicated, but they also allow us to be bolder with one another and more expressive than we might be face-to-face. Sexting is often thought of as the pastime of hormonal teenagers, but plenty of grown-ups exchange racy texts as a way to test the new relationship waters before actually diving in.

But if your new beau is sending virtual flower bouquets and emoji kisses before (or instead of) trying out the real thing, isn't that a bit disenchanting? And how do you know that he or she isn't just copying and pasting flirtatious iMessages between multiple women?

There's always going to be an element of casual detachment when it comes to mobile messaging. So while sending a few coy texts might be less intimidating than saying what you mean out loud, nothing can replace those in-person moments at the start of a new relationship.

Follow Jessica Napier on Twitter @MetroSheSays

The world saw the 20th anniversary of the text message Monday. The milestone also makes apparent the correlation between SMS and digital delirium. JHAYMESISVIPHOTOGRAPHY/FLICKR

I Sphinx you can eat it

BEBETO MATTHEWS/THE ASSOCIATED PRESS PHOTOS

This is sweet news

N.Y.C. hosts delectable competition

The Sphinx, a gingerbread creation from North End Grill, is on display in the lobby area of Le Parker Meridien hotel in New York City.

The landmark-inspired creation is being exhibited with other over-the-top gingerbread houses from city restaurants in the fourth annual display to benefit City Harvest, a food rescue organization for feeding the needy.

Visitors can buy one ticket for $1 or eight for $5 to vote on their favourite landmark. THE ASSOCIATED PRESS

Chichen Itza, a gingerbread creation from Butterfly Bakeshop, will be on display with the rest of the landmarks at Le Parker Meridien until Jan. 3.

Nom nom nom

This ain't your mother's gingerbread

Out of the kitchen and into the hotel lobby: Gingerbread houses have gone from being a homemade project done with mom to professional exhibits designed by pastry chefs and sometimes even architects.

The fundraiser is just one of many gingerbread showcases going on across the country. A few extravaganzas raise money for charity, while some include contests for home bakers.

Susan Matheson, co-author of the book The Gingerbread Architect: Recipes and Blueprints for Twelve Classic American Homes, says these types of professional gingerbread creations "are elaborately detailed, spellbinding constructions that must require an army of pastry chefs, historians, engineers and consulting experts. The results can elevate the craft to a high art form that transports the viewer into an ethereal miniature fairy world." But Matheson doesn't approve of glue guns or other non-edible components: "It's 100 per cent digestible or count me out." THE ASSOCIATED PRESS

Online

See the whole gingerbread spread at metronews.ca.

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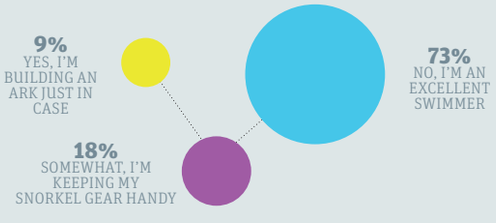

Twitter

@mrduncankennedy: Pleasantly warm! Why couldn't that have been Friday when it was subarctic! #Toronto #BeingCanadian#Eh

@JaneJill210: Has the United Nations sent out an acknowledgement of the pregnancy of Kate Middleton? WTF, this is a great concern to humanity & world, LOL

@Houshinto: Kate Middleton's pregnancy >>> Climate Change. This is why the MSM is failing miserably at informing society of issues that REALLY matter.

@jakejakob: It would be best if Ford remained as Mayor and council just ignored him while they got on with business of running TO #topoli

@Lion333: Just noticed now that street scenes in Resident Evil: Apocalypse were filmed in #Toronto

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DVD review

The Dark Knight Rises

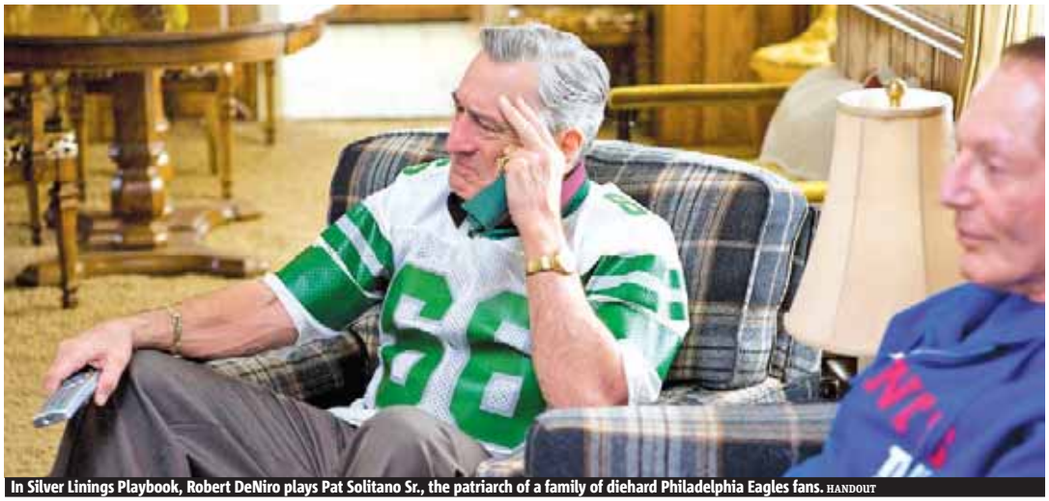
Director. Christopher Nolan

Stars. Christian Bale, Tom Hardy, Anne Hathaway

●●●●●

This Knight not only rises, it also cuts deep — not just as spectacular entertainment but also as harrowing drama. Fear is in the eyes of both hero and villain in this concluding chapter of Christopher Nolan's outstanding Batman origin trilogy. Human frailty and realistic threats of nuclear and economic destruction are woven into the densely layered saga co-written by Nolan with his brother Jonathan and David S. Goyer. It's eight years after the traumatic events of The Dark Knight (2008), and Batman is for all intents and purposes no more. He's been outlawed and ostracized in Gotham City. Wrongly blamed for the demise of Gotham's public defender Harvey Dent, a lie that even trusted ally Police Commissioner Gordon (Gary Oldman) is unhappily and politically obliged to maintain, Batman — or rather his alter-ego Bruce Wayne (Christian Bale) — hides inside stately Wayne Manor. But a new threat has emerged: a super terrorist by the name of Bane (Tom Hardy). Bane plans to weaponize a nuclear fusion device that Wayne Enterprises developed for peace. Anne Hathaway intrigues and wows as cat burglar Selina Kyle, a.k.a. Catwoman. Marion Cotillard makes less noise as Gotham tycoon Miranda Tate, but she fits very well into the film's intricate puzzle. So too does Joseph Gordon-Levitt.

PETER HOWELL



In Silver Linings Playbook, Robert DeNiro plays Pat Solitano Sr., the patriarch of a family of diehard Philadelphia Eagles fans. HANDOUT

What about the story from the sidelines?

Silver Linings Playbook. Football tales seem to focus on the gridiron action — this film looks at the lives of the fans

In David O. Russell's Silver Linings Playbook, Bradley Cooper plays an unstable former teacher trying to improve himself after exiting a mental institution. When his character, Pat Solitano, consults his otherwise level-headed psychiatrist Dr. Cliff Patel (Anupam Kher) on whether a Philadelphia Eagles' jersey is appropriate attire for a dinner party, Patel questions which jersey. On hearing that it's star wide-receiver DeSean Jackson, he responds unequivocally:

"DeSean Jackson is the man."

This is Philadelphia, where undying loyalty to the local NFL team — "the Birds" — is everywhere, even in the sensitive relations between therapist and patient.

As large a role as football plays in American life, Hollywood has typically focused its cameras on the field of play, where the dramatics of gridiron battle are self-evident. But Silver Linings Playbook, which was recently nominated for five Spirit Awards and is widely expected to be a best picture Oscar contender, is more interested in the face-painters in the stands.

The annals of pigskin pictures have ranged from the hijinks of Groucho Marx (Horse Feathers) to the inspiration of a newcomer to the sport (The Blind Side). Football in movies has been a regular source of hard-knock action (Any Given Sunday), manly tragedy (Brian's Song, Remember the Titans) and underdog triumph (Rudy).

But along with Silver Linings Playbook, a handful of films have sought to capture the fanatical passion — both the communal spirit and the toxic obsession — that grips millions of households and acres of parking-lot asphalt every Sunday this time of year.

In Vincent Gallo's Buffalo '66 (1998), Gallo drew from his own childhood in the upstate New York City, playing a man named after the hometown team (Billy), with lifeless parents glued to the TV screen for Buffalo Bills games. A lost bet on a crucial game cost Billy $10,000 and put him in jail. On his exit, he's bent on avenging the guilty place kicker, a fictionalized version of a real-life Bills scapegoat, kicker Scott Norwood.

Big Fan (2009), written and directed by Robert D. Siegel (who also wrote The Wrestler), depicted a die-hard New York Giants fan (Patton Oswalt) whose devotion is tested when he's brutally assaulted by his favourite player.

The 2004 film Friday Night Lights, and the subsequent TV series, sought to portray a football-mad Texas town, where the sport reverberated in nearly all that was good — and all that was bad — in Dillon, Texas.

These movies all share in the spirit of Frederick Exley's classic 1968 fictional memoir: A Fan's Notes. The Giants-loving author wrote: "Cheering is a paltry description. The Giants were my delight, my folly, my anodyne, my intellectual stimulation. ... I gave myself up to the Giants utterly. The recompense I gained was the feeling of being alive."

It was that kind of intensity that interested Russell, whose last film, The Fighter, captured the boxing community of Lowell, Mass.

"What makes characters fascinating in a funny and an emotional way to me is when they have life and death stakes about their particular currency," the director says.

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Before Jason Becker was diagnosed with Lou Gehrig's Disease, David Lee Roth had hired him as lead guitarist. HANDOUT

Jason Becker. Documentary shows the tenacity of guitarist suffering from ALS

Making a documentary about someone with the debilitating Lou Gehrig's Disease (aka ALS) is one thing, but when your subject is so affected he can't even speak, it's a whole other challenge.

Then again, Jason Becker isn't your average subject. "There were lots of limitations obviously with him as an interviewee that we had to work out," admitted director Jesse Viles while promoting the Dec. 7 release of Jason Becker: Not Dead Yet. "Obviously we wanted to hear from him, we wanted to hear his thoughts on things."

A young guitar protege in the late-'80s, Becker quickly became a budding internationally renowned virtuoso. But just weeks after David Lee Roth hired him as his lead guitarist, the determined star was diagnosed with quickly-advancing full paralysis and likely death. 20 years on and Jason's not only alive but able to communicate thanks to an inventive system devised by his father Gary using key eye movements to spell words. "We ultimately decided to have Gary speak his words for him," said Viles of the actual voice of Jason in the film — clearly, a perfect casting choice. "His voice is just brilliant. Maybe once Morgan Freeman stops doing voiceover work, Gary can step in."

That level of levity pervades Viles's film. In fact, in as much as Becker's story is tragic, his documentary is also inspiring. As it shows, with the dedicated love of Becker's family and friends, he's not only beating the odds — he's even making music. "Just how much people can come together and form a tight-knit community to look over one person, I just didn't know that much selflessness and love existed," said Viles.

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Serena Ryder finds broad appeal with new album, Harmony

New music. Ryder goes for wider appeal with a folk-rock approach that draws on a range of musical influences

Serena Ryder, the three-time Juno Award winner with the soulful three-octave range, made tracks in her own backyard studio. HANDOUT/THE ASSOCIATED PRESS

Toronto power vocalist Serena Ryder was at home but in foreign territory while recording her new album, Harmony.

The three-time Juno Award winner with the soulful three-octave range made the tracks in her own backyard studio, a cosy shed she'd previously only used as a rehearsal space.

Another first: the Weak in the Knees singer-songwriter penned the tunes while falling in love. And she actually had fun while making the disc, a feeling she admits wasn't predominant in her recording sessions of yore.

The result is a feel-good, catchy collection that touches on a wide range of genres, giving Ryder a broader appeal than the blues-folk-rock categories she's typically been associated with.

"With this record, I feel like it was very, very primal and animalistic and I wasn't really thinking about what direction I'm going to go in," Ryder, who turns 30 on Dec. 8, said in a recent interview.

"I was like, 'I want go in all directions,' because the most frustrating thing that's been the bane of my existence and my career has been people (saying), 'Serena, you've got to pick a style or you're going to confuse people,' ... and I started really believing that. I was like, 'OK, I've got to pick one way of being and one way of singing and one way of branding myself,'" she said.

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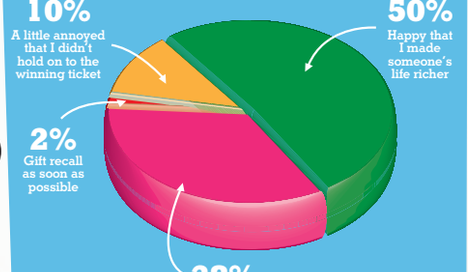
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nothing stops Heidi from getting her Halloween on

THE WORD
Dorothy Robinson
scene@metronews.ca

A divorce and a hurricane wasn't going to keep Heidi Klum from dressing up in 2012. When her annual New York City Halloween party (which she used to host with soon to be ex-husband Seal) was cancelled this year because of Hurricane Sandy, the model decided to transform her party into a Haunted Holiday Party — and have Saturday's party benefit relief efforts.

"Putting the outfit on only took five minutes, but gluing all these hundreds of stones on my face took a little longer," she said about her jewel-encrusted face and Cleopatra costume, which she wore among such celebrities as Jay Manuel, Questlove, Russell Simmons and Sandra "Pepa" Denton of Salt & Pepa. Despite the intricate costume, she swore to a group of reporters, including Metro, that she was comfortable. "I'm on flat feet," she pointed to her boots. "I'm not on heels, so that's awesome."

Even though she's still reeling over her rather ugly split with Seal, with whom she has four children, she's not letting it ruin her Christmas plans.

"This year we're just going to stay home," she says about how she plans on spending the holidays with her kids. "I'm excited to just sit in front of the fireplace and drink hot cocoa and watch them play with their new toys, just to be in the house and enjoy not doing much."

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How Adriana got the body of an angel back

Victoria Secret show.
Adriana Lima shares how she got back into show shape after having a child

ROMINA MCGUINNESS
Metro World News

The Victoria Secret show is airing on Global tonight at 10 p.m. ET/PT.
GETTY IMAGES

Last month, Brazilian beauty Adriana Lima opened the Victoria's Secret Fashion Show, which airs on Global tonight at 10 p.m ET/PT, eight weeks after giving birth to her second child.

She opens up to Metro about the "nightmare" gym sessions, sparring herself into shape and how she celebrated getting into the skimpy lingerie with a cupcake — but just one.

It seems like hell getting ready for the show. How do you girls cope with the pressure?
One thing I need to get straight — I've never felt pressure from either Victoria's Secret or my agency. No one pressured me to get ready for the show this fast. It's a decision I made on my own. It was one of the most difficult things I've ever done because you're dealing with nature.

You do what you need to do to get ready, but after having a baby you really don't know how your body is going to react.

Sounds stressful. How did you react on the big day? Did you down shots of vodka backstage?
I get nervous before every single show. I thought that feeling would go away but it never did. Plus this year I was opening the show, which is a big responsibility as everybody kind of follows your mood. But every girl has a different way of expressing her nervousness. I don't like talking so I just listen to music — anything by Eminem, Rihanna, Kings of Leon, Rock and Roll by Led Zeppelin and Heartbeats by The Knife.

Did getting ready for the show give you nightmares? Did you dream you were being attacked by giant candy bars?
No. It was more during the day, when I had to go to the gym — that was my nightmare. Don't get me wrong, I really love exercise, but it's not easy.

The actual workout — it's tough you know. You need a lot of determination in order to do it every single day. Every minute of every workout counts and this year, I wasn't sure if I was going to make it or not.

Models Cara Delevingne and Jourdan Dunn (both in the Victoria's Secret show with Adriana) reportedly ate pizza and KFC hours before the show. Would you want to scream if they ate in front of you, or join them?
Ha! I'm a little bit older than them. But regardless of age, I'm really aware of the fact that you are what you eat.

Are you saying they're going to turn into a giant pizza or a chicken wing?
Maybe not right now, but they're going to see the results in the future, when they get old. It depends what they eat, but they may have problems with cholesterol or diabetes, I don't know. I just like to eat healthy. I have two children and I'm concerned about their health. I'm their example. I don't want my three year old asking me, "Mama, I want chocolate for lunch." Cake is festive, it's not something you should eat everyday.

What's the first thing you did when the show ended? Run backstage, take off that lingerie and demolish a cheeseburger?
No. But I did have a cupcake. Once in a while, I do eat these things, you know. I just don't do it every day. Even now that the show is over, I'm still working out and eating healthy. It's my job.

There are a lot of rumours out there that Victoria's Secret models literally starve yourselves in order to get ready for the show. You also shared sweaty pictures of yourself on Twitter to show how hard you were working out. How did you really go about it?
I'd just had a baby, so I had to do everything in a healthy way in order to best take care of myself and my body. I never do things on my own. I have a nutritionist and a personal trainer. I don't want to have any problems. I know people see us on the runway and working out — but I don't want them to think that we don't eat. I don't starve myself. I don't do that. I love food, but I watch what I eat.

So what kinds of workouts did you focus on? What foods did you eat?
I was boxing — sparring, doing a little bit of rope and lots of abdominal and core work. I sometimes went running in the morning, but that's pretty much it. As for my diet, I was eating three ounces of protein, three times a day with plenty of steamed green vegetables and drinking lots of water.

Last thoughts

A couple more questions on getting that body back

- **What's more painful: Getting ready for the show or giving birth?** "I enjoyed every second of both. When you make your own choices and you're not forced to do things, nothing is painful. Being a mother is amazing and there are no words to describe that, but also, the Victoria's Secret Show ... I mean every girl in the world would love to be an Angel."
- **At the end of the day ... is all the pain of the workouts and the dieting worth it?** "Of course. I do things that I love and I do them from my heart, you understand?"

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Thumbs up

Video gaming got a thumbs-up recently in a University of Montreal study.

- **Increases physical activity.** The study found that dance and sports simulations can help adolescents increase their physical activity, especially girls. The study was published in the esteemed journal Pediatrics in November 2012.

Quoted

"The general thinking is, 'If I can get them off the couch, it's got to be better.'"

Dr. Mark Tremblay
Chief scientific officer of Active Healthy Kids Canada, based in Ottawa

Getting kids active and off the couch is only half the battle

Exergaming. Experts urge parents not to rely on video games to help get their children moving and living a healthy lifestyle

CELIA MILNE
life@metronews.ca

Getting kids off the couch is only the start to healthy living.
ISTOCK PHOTOS

Is exergaming good for children?

The debate rages.

While plenty of studies show active video games are fun and get kids moving, a new analysis gives them the overall thumbs down.

"Preserve traditional play," says Dr. Mark Tremblay, chief scientific officer of Active Healthy Kids Canada, based in Ottawa.

"Don't rely on active video games to provide your kids with their daily exercise," he adds.

Experts at Active Health Kids Canada and its partners sifted through 1,367 scientific papers on the health merits of virtual versus real activities.

The conclusion: Exergames increase kids' heart rates temporarily, but don't provide a long-term, meaningful amount of exercise.

"The general thinking is, 'If I can get them off the couch, it's got to be better.' That's sound thinking," says Dr. Tremblay.

"But evidence suggests when you look at the total day, there is no difference in energy expenditure. These games are replacing Frisbee in the park or ball hockey on the street. We believe in fresh air, playing with friends and sunlight. The bonus? Incidental eating may go down."

Parents often tell Dr. Tremblay they can't afford after-school activities for their kids, but he believes it's a question of priorities.

"They can't afford swimming lessons, but they spend hundreds of dollars on video consoles and plasma TVs. They say they can't afford tennis lessons, and then they spend that money on a game."

Quote

"We believe in fresh air, playing with friends and sunlight."

Dr. Mark Tremblay

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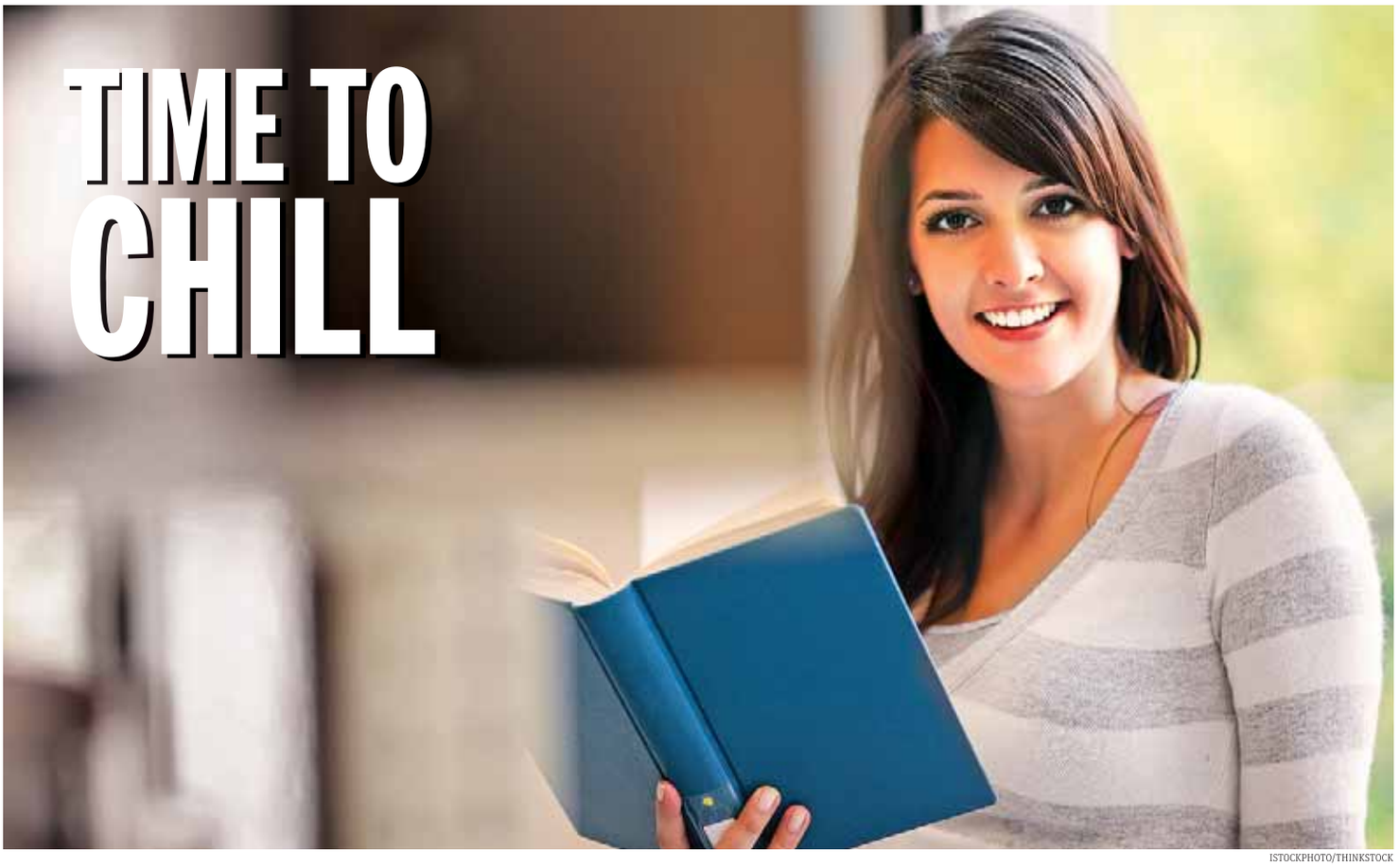

ISTOCKPHOTO/THINKSTOCK

ALLOW YOURSELF TO UNWIND OVER THE HOLIDAYS AFTER FIRST-TERM STUDY PERIOD

The intensity of the last few weeks of term at university or college can leave you exhausted just in time for Christmas. Should you keep studying so as to not fall behind, or should you veg out on turkey dinner?

Jackie Stewart, a chemistry instructor at the University of British Columbia, is regularly asked that by her students. "After an intense study period, students should take a well-deserved break," she says.

You have learned a lot of new information in the first semester and your brain needs time to process it. Stewart recommends totally unplugging for a bit, and then taking on some lighter academic tasks.

"The winter break is a good time to read for pleasure. Perhaps there is a book related to your degree subject that you don't have time during the term to read," she says. "Spending time on this may renew your enthusiasm for the subject and help you connect what you are learning in school to the real world."

The break is also a good time to look back on the first semester. What study strategies worked and which ones failed? Were you overwhelmed by your workload? Did you make good use of student-support services?

"Following this reflection, make goals for the upcoming term. How will you approach learning in each class? How will you get help if you need it? What new study strategy (or two) will you try? How will you avoid leaving studying until the last minute?" Stewart asks.

If you have a winter course you are particularly excited about, you can use the Christmas break to review fundamental concepts. Stewart says if you are studying biochemistry after a first-semester course in organic chemistry, review structure and bonding, resonance and simple reaction.

"I'm not suggesting studying every day or studying intensely, but testing yourself on some of the concepts you are going to be expected to know in the next course will benefit you," she says. "I think this is the most efficient use of study time over the break, and will allow for a balance between academics and relaxation."

If your last exam has left you a shell of your former self, stop by your university's puppy room for a spiritual revival. You can actually do that if you study at Dalhousie University. Its student union has gathered a room full of dogs eager to be petted during the last week of exams to help students relax. *– Jon Tattrie*

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GEORGE BROWN COLLEGE

"You can't just tell people about a brand anymore," says Margery Taylor. "Customers have to experience it first-hand. It has to happen to them. That's what makes it authentic."

Taylor believes this, and she teaches it, too.

She's the co-ordinator for the sports and event marketing certificate program — for more than 20 years, one of George Brown College's most celebrated and innovative offerings. If you are interested in a career in sports-, entertainment-, or cause-related marketing, this program can make it happen.

The sports and event marketing program lasts 12 months. Students spend two semesters in class, studying event planning, business communications, and other subjects, learning to build promotional marketing plans, and more. In between, they take a four-month internship. Past graduates have interned at Maple Leaf Sports & Entertainment, the Heart and Stroke Foundation of Canada, ScotiaBank, SDI Marketing, and many other companies and organizations.

Students are typically outgoing and competitive. "They're fun to teach," Taylor says. "They like interacting with their instructors and with one another. And we help them use that energy to great effect. By the time they graduate, they're ready to turn their passion for sports, entertainment, or events into the basis for a serious career."

Interest in the sports and event Marketing program continues to grow. So much, in fact, that George Brown will be starting classes not only in January and September, but also in May.

While the January class is full, May still has openings. For more information, visit georgebrown.ca, and search the program code "B400."

CORRECTIONS

George Brown College offers an interior decorating certificate program. A photo of David Dunkley and one of a hat Dunkley created was taken by pearstudios.ca. Incorrect information appeared in the Nov. 27 Continuing Education section. Metro apologizes for the errors.

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CENTENNIAL'S SECRET

MANY SELLING POINTS TO MASSAGE THERAPY DIPLOMA PROGRAM

CENTENNIAL COLLEGE PHOTO

Have you heard about Centennial College's massage therapy diploma program? Mark Fox is betting you haven't. "It's the best-kept secret in Toronto," Fox says. As one of the program's professors, he would know.

Ask him what makes it special and he will give you a long list: Five full-time, permanent faculty; top ratings by students and employers; a near-100 per cent success rate for students taking the College of Massage Therapists of Ontario (CMTO) entry-to-practice examinations; high-paying career options with flexible hours and no shift work. All are selling points for the program.

But what matters most is the quality of its graduates. "They give back to their profession," Fox says. "Many are entrepreneurs — which we've encouraged by including business courses in our curriculum. And we're proud to say that two of the nine elected members of the CMTO are graduates of our program. They make our field stronger, not only through their own fine work, but through their leadership."

Centennial's massage therapy program lasts three years. During that time you will learn about Swedish massage, trigger-point therapy, remedial exercise, stretching techniques, wax baths, whirlpools, steam cabinets, and more. While classes don't begin until September 2013, you can learn more by visiting centennialcollege.ca.

You can also attend "Explore Centennial," an open house to be held Jan. 22, 2013, from 6-8 p.m., at Centennial's Morningside Campus. This is your chance to explore facilities, meet faculty, and ask questions about the program and the profession it leads to. For more information, phone Lori Copeland, program co-ordinator, at 416-289-5000, ext. 8084.

SHAPE THE LIVES OF CHILDREN

WITH SHERIDAN'S ECL PROGRAM

Many people dream of working with young children. But what if you not only want to work in this field, but help shape it? There is a program designed just for you.

Sheridan College's bachelor of applied arts in early childhood leadership (ECL) trains you to become a leader in childhood education.

One of the few programs of its kind in Canada, it focuses on theory, research, and practice in early childhood education and care (ECEC), and human development. You will graduate with the knowledge and skills you need for curriculum and pedagogical leadership, as well as management of early childhood programs. And you will be qualified to pursue a wide variety of career options, including: Early childhood educator; program supervisor, director, or co-ordinator; and curriculum, resource, or early learning consultant.

"Anyone who enrols in this program should be passionate about working with children," says Dr. Nathalie Di Francesco, professor and co-ordinator for the BAA program. "But they must also want to be change-makers and advocates in the field of early childhood — to make a difference in the lives of children."

XXXXPHOTO-CREDITXXXX

The BAA in early childhood leadership includes three field placements and a mandatory 14-week internship. You will have the opportunity to seek out your own internship, paid or unpaid, in a variety of employment settings. You may even go overseas.

"The internship gives our students the chance to focus on their areas of interest," Di Francesco says.

"Some complete it in early childhood settings, child-care centres, kindergartens, or schools, such as the YMCA or Ontario Early Years Centres; some in parenting/community programs or resource agencies, such as Bereaved Families of Ontario, Halton Resource Connection, or Child Development Resource Connection Peel. Others complete their internship in professional organizations, and a few work internationally, with our partners in Hong Kong, for example."

New classes for the BAA in early childhood leadership begin in September 2013. But you can start the application process today by visiting ecl.sheridancollege.ca.

BEGIN IN YEAR 3

Sheridan College's bridging program: Is it right for you? You could begin in Year 3 of your BAA in early childhood leadership degree program — if you have the right qualifications. To learn more about them, visit ecl.sheridancollege.ca.

The deadline to apply for Sheridan's bridging program is Jan. 15, 2013. Classes start the following May.

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CREATIVE GIFT-GIVING

DON'T FALL INTO A FINANCIAL HOLE DURING THE HOLIDAYS

Students are often strapped for cash at the best of times. Add in a Christmas full of travel and gifts and you can quickly run out of money.

Ann Hetherington, director of student recruitment at St. Clair College in Windsor, says travelling home for Christmas can be very expensive. Even if you are staying put, the pressure to buy presents can chew through your savings.

Her first tip is to make a conscious effort to stick to your financial plan. "We encourage students to continue with their budgets," she says. "Especially those living away from home who have done a great job of budgeting throughout their first semester."

What, you don't have a budget? In that case, now might be a good time to drop by student services and ask for help in planning your finances so you can cover the necessities and have a bit left over for discretionary spending.

Hetherington also suggests looking at creative — and cheap — ways to do your Christmas shopping. She suggests "personal gift certificates" like you used to dole out when you were a kid. "They could give them to mom and dad. Maybe it's, 'I'll wash your car for you 10 times in the summer.' Get a little creative with how you look at Christmas gifts if that's what's giving you stressors."

Christmas break can also be a time to pick up extra shifts at your regular job, if you have one, or fill in for students who have left for the holidays. That extra money might be enough to get you through the holidays. If it isn't, Hetherington says the winter semester can be used to dig out of a financial hole.

You could use the break to apply for a part-time job for the winter semester, or to look for a better-paying position. Many colleges and universities hire students, so you could get a job that doesn't require the expense and time of commuting.

Hetherington cautions against overworking yourself. It is a holiday, after all. "The last two weeks can be extremely stressful with final exams and final papers. It's often a heavy workload so taking that mental break is really important to their success in the winter semester," she says. "It's important to have some down time where they can relax and enjoy the season, family and friends."

– Jon Tattrie

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The comfort of carrots and sweet potatoes in a casserole

This recipe makes six servings. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

If you can find fresh sweet pineapple, use it instead of the canned stuff. You're getting a double blast of beta carotene from the sweet potatoes and carrots.

1. Preheat the oven to 350 F. Spray a 9 by 13-inch baking dish with cooking oil.

2. Place the sweet potatoes and carrots in a saucepan and cover with cold water. Bring to a boil. Cook for 7 minutes at a boil, or until tender. Drain.

3. Toss the sweet potatoes and carrots with the pineapple and cranberries. Place in the prepared baking dish.

4. Combine the brown sugar, juice concentrate, oil, molasses and cinnamon in a small saucepan. Cook over medium heat, stirring frequently, for 1 minute or until melted and smooth.

Ingredients

- 1 lb sweet potatoes, peeled and cut in 1/2-inch rounds
- 1 lb carrots, thinly sliced into rounds
- 11/4 cups fresh or drained canned pineapple chunks or diced apples
- 1/2 cup dried cranberries
- 1/3 cup packed brown sugar
- 3 tbsp orange juice concentrate
- 1 tbsp vegetable oil
- 2 tbsp molasses
- 1 1/2 tsp ground cinnamon
- 3 tbsp chopped toasted pecans
- 1/4 cup chopped fresh parsley
- 6 thin slices apple

5. Pour the sauce over vegetables. Cover and bake for 15 minutes, or until heated through. Remove from the oven and toss the vegetables. Sprinkle the pecans overtop. Garnish with the parsley and sliced apple.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

To sweet or not to sweet

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Oh yes, sweet potatoes are good for you, and in some cases, even better for you than white ones.

But don't be so sure you want to go all gung-ho on the switch. Mashed sweet potatoes can be just as rough on your calorie count as whites; it all depends upon how they are prepared.

Fries: Weight Watchers has both sweet potato and regular fries at around 500 calories per serving and 13 or 14 points.

Mashes: One cup of mashed sweet potatoes is 258 calories while 1 cup of mashed white with butter and milk is 237 calories.

Any way you slice it, the method of preparation matters far more than which potato you choose. No doubt sweet potatoes have more vitamin A and fibre in the pulp (eat the skins of white potatoes and they come closer!). In the end, choosing only a teeny tiny portion or baked "fries" instead of deep fried finger food is a better bet. Limiting the butter, milk or sugar (or marshmallows... for Pete's sake!) that is used in the mash is wisest.

Baked: Sweet potatoes are your best bet. Keep butter to a teaspoon and enjoy one cup (about half a potato) guilt free! Any leftover baked sweet potatoes can be turned into yummy muffins in a snap. You can check out a great Sweet Potato Muffin recipe at: myfriendinfood.com/2011/05/02/sweet-potato-muffins/

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Growing the greenbelt

Notice of Public Meeting

The Ministry of Municipal Affairs and Housing is consulting on a proposed amendment to the Greenbelt under the *Greenbelt Act*, 2005, which would:

- Add approximately 255 hectares (630 acres) of provincially-owned lands, which are part of the Glenorchy Conservation Area in the Town of Oakville to the Protected Countryside area of the Greenbelt Plan. The lands are located near the intersection of Highway 407 and Regional Road 25 (Bronte Road).
- Add a new urban river valley designation to the Greenbelt Plan to facilitate adding publicly-owned lands in urban river valleys currently outside the Greenbelt into the Greenbelt Plan. The proposed designation would rely generally on municipal official plan policies for direction.

As part of the consultation process on the proposed amendment, a public meeting will be held:

December 11, 2012, 6:30 p.m. – 9:00 p.m.
Black Creek Pioneer Village
1000 Murray Ross Parkway
Toronto, ON M3J 2P3

The amendment proposal can be found on the ministry website at **Ontario.ca/greenbelt** or by calling 416-585-6014 or 1-877-711-8208.

Submissions can be made until **January 4, 2013** at the following address:

Growing the Greenbelt – Glenorchy Lands and Urban River Valleys
Ministry of Municipal Affairs and Housing, 777 Bay Street, 14th Floor, Toronto, ON M5G 2E5
e-mail: greenbelt@ontario.ca

If you require special accommodation at this meeting, please call 416-585-6014 or 1-877-711-8208 or send an e-mail to **greenbelt@ontario.ca** prior to the meeting.

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MARY SHELL
Metro World News in New York

Whether you are bringing your new baby home to meet your dog for the first time, or thinking about adopting that dog your kids have been asking for, there are some basic ways to safely introduce kids and canines.

We spoke with Jennifer Shryock, a certified dog behaviour consultant and founder of Family Paws Parent Education, about how to make a smooth transition.

Never force interaction between a dog and a child.
Pay attention to your dog's body language to determine if the dog is engaging with the situation or tolerating it. Shryock recommends allowing your child to pet the dog a couple times and then stop. Wait to see if the dog is interested in continuing the interaction.

Have reasonable expectations for your dog.
Parents often think a dog should put up with a baby crawling near the animal at eye level and reaching and grabbing. "You can't let (a) toddler freely explore the dog," Shryock says.

A new dog will have a tolerance limit for your kids, and it's important to recognize that limit and provide the dog with a quiet area to retreat to when the interaction might become too much.

Instruct your kids not to crowd the dog or carry it around.
Instead, create safe, supervised activities for your toddler and your dog. This might be dropping a treat in the dog's crate or filling up the food and water bowls together. No matter what you do, Shryock always recommends total supervision.

Rule of thumb (or dewclaw): If it doesn't feel right or it looks too good to be true, it probably is.
Any behavioural issue is going to take time; there are no quick fixes. And if a child shouldn't be doing something to correct an animal's behaviour, a parent shouldn't be doing it.

For this reason, physical force with your dog in front of your kids is not recommended. Positive reinforcement is key.

If you're expecting
Get to know your dog better during your pregnancy and use that time to reinforce basic training. Study your dog's body language and learn to identify triggers that stress or upset your dog, so you know how to protect your pet from these situations.

Build the relationship
The best way to cultivate a good relationship with your dog and your new baby is to make sure your dog observes and participates in positive, daily routines with you and your baby. Never force your dog to check out the baby. Instead, invite him or her to sit next to you while you hold the new addition.

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Make a list, check it twice: Money comprehension skills

Alison On Money. The gift list — it will help guide you during the hectic shopping season

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week I saw a weary Dad slumped in a mall chair, coffee gripped in one fist. He smiled weakly when I sat down nearby. "I thought starting Christmas shopping early might make it easier," he said. "Wrong!"

He planned to accompany his three children into the stores. But two hours later, with few presents purchased, he was done. The problem was preparation.

All three kids lacked an essential item — the almighty list. It seems like such a simple thing, but is a fundamental part of financial planning. After all, how can you create priorities if you don't have a list to guide you?

Those who learn to make and follow them when they're young will find that the structure provides benefits into adulthood.

There's a body of research pointing to the importance of earmarking for saving. Targeting certain sums for a specific saving purpose increases the success rate.

List making is the kissing cousin of earmarking. For example, writing down or typing: Jared–Skylanders Giants Chop Chop $14.95, decreases the likelihood that a child will get distracted and overspend.

Even teens can get into list making. Apps such as Santa's Little Helper (Apple), Gifters (Apple) and Christmas Gift List Planner (Android) will keep them on track.

The younger ones love it if you add a few fun touches. Kids who aren't writing can cut and paste pictures of what they want to buy or make. Then a family member can help them with price.

Increase your savings success rate by making a list. ISTOCK IMAGES

Don't worry if their money comprehension skills aren't quite there yet. Just knowing that an item costs a certain amount and is affordable or not is a big step.

A five-year-old child of a neighbour listed what she wanted to buy her Dad — toenail clippers and a new car. Mom said, okay, you can afford the clippers but not the car. The daughter decided to buy a toy car and promise a real one when she grows up.

Making gift lists puts kids in charge and gives them responsibility. They won't always be successful in sticking to either the list or their budget (who is?) but the process teaches lessons for a lifetime.

Oh yes, the list also takes the pressure off mom and dad. That alone is reason enough.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Activities for $10 or less

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

The holiday season is in full swing and everywhere you turn the sound of cash registers, credit and debit machines chime a tune of heavy spending on gifts and other festive activities.

This year, most Canadians are expected to spend nearly $650 throughout the holidays (based on the Ipsos poll conducted in November of 2011).

What if you could spend a lot less, have more fun and avoid a hefty credit card balance when January rolls around? Free outdoor activities await you and your family this holiday season.

Rather than heading to the ski hill, grab your skates or borrow snowshoes from a neighbour and enjoy the outdoors. If you bundle up, you could head out to a winter hiking trail with your friends or enjoy an outdoor campfire.

One evening, fill your travel mug with hot cocoa and tour outdoor light displays throughout your neighbourhood.

Find out what's happening in your community. Low to no cost choir performances and plays are put on at local community centres, malls and churches. Attending these events is a great way to support the arts and your friends who may be actively involved.

Rather than heading out to the theatre, download Netflix and watch unlimited movies at home for $8 per month. Or, pay nothing and borrow films from the library.

Keep watch for coupons for the local zoo, craft fair, recreational facilities and heritage sites. Visiting tourist locations in your community in the off-season can save you a bundle and it's a great way to discover hidden gems right in your backyard.

Host a party where everyone brings their favourite appetizer and drink. Add the challenge that each person has to do this for $10 or less. I guarantee the results will be creative, surprising and interesting. Volunteer with a group of friends to pack food hampers, help out at the community centre or fix up your local playground.

This is a great way to spend time and it's a healthy reminder of how important it is to give back.

A fantastic holiday season awaits you. Save your money and enjoy it.

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The half-decade dash for the door

Employment. Changing jobs frequently was once a no-no on one's work record — how times have changed

YLVA VAN BUUREN
careerbear.com

Here are eight reasons why changing jobs every four to five years can be a positive move, both professionally and personally.

1. Discovery
A new job provides opportunity to learn a new industry, skill or even perspective, says Lauren Friese from TalentEgg, a job website and career resource for students and new graduates. At the same time, you are finding and developing your areas of interest by tackling the unknown.

2. Good things come from putting yourself out there
As Maeghan Smulders, the Canadian super-intern who interned at 10 different companies over several months in order to find her dream job proves, opening yourself up to a range of individuals and networks has a huge professional advantage.

3. It teaches you how to take a calculated risk
Says Friese: "If you feel you can make a rational decision that the grass is truly greener in another opportunity, I think that you should always take it."

4. It pays
If you can't get ahead at your current job, it may be time to find another one. Career advancement and more money are great reasons to take another job.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

If the grass is really greener on the other side, go for it. ISTOCK IMAGES

5. No one will judge you
It's common knowledge that careers are much more fluid than they used to be. "Rather than talk about someone having several different careers over their life," says Friese, "I think we'll talk more about numerous opportunities to work from different angles and experiences."

6. It's a reflection of the new workplace reality
"In general, the whole workforce in this country is becoming a flexible workforce," says Friese. Also, 'one company from first-hire to retirement' employment is becoming a thing of the past. Eventually, while full-time jobs will still exist, I think that people will not be defined by where they work as much as before."

7. The Peter Principle
The Peter Principle suggests that many organizations promote their employees to positions that they are not actually capable of doing — and that's where they stay. Leaving avoids that.

8. Your reputation
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NHL lockout

Crosby travels to New York for CBA negotiations

Sidney Crosby is ready for another kick at the can.

With the NHL and NHL Players' Association scheduled to hold a unique collective bargaining session on Tuesday afternoon, the league's most recognizable player travelled to New York to make himself available for the exclusive meeting.

Crosby has been involved throughout the negotiations and could play an important role with the leaders of both sides scheduled to sit out on Tuesday. The Penguins captain has emerged as a voice of reason during the lockout and would find himself sitting across from Pittsburgh owner Ron Burkle, among others, if the NHLPA decides to send him into the bargaining room.

It promises to be a unique setting, particularly with commissioner Gary Bettman and NHLPA executive director Donald Fehr on the sidelines. There was hope Monday that a new dynamic might produce some different results in negotiations.

"Ultimately, we are just trying to find some meeting format that can gain some traction," deputy commissioner Bill Daly said. THE CANADIAN PRESS

Sidney Crosby works out on Monday in Scottsdale, Ariz. GETTY IMAGES

Canada's world junior head coach Steve Spott, centre, poses for photos with players Mathew Dumba, left, and Hunter Shinkaruk on Monday in Calgary after announcing the 37-player roster for next week's selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Junior selection roster has pro feel

World juniors. Lockout provides NHL-level talent, but creates uncertainty ahead of holiday tournament

As long as the NHL lockout lasts, the Canadian junior men's hockey team will be older and stronger than in previous years.

Edmonton Oilers centre Ryan Nugent-Hopkins and other 19-year-olds who would have likely otherwise been lost to the NHL are among the 37 players invited to selection camp Dec. 10-15 in Calgary.

There was an undercurrent of uncertainty in Monday's announcement in Calgary because of the impact a sudden end to the lockout could have on the team.

But with no end to the work stoppage in sight, Canada can anticipate having one of its strongest teams at the 2013 world junior championship starting Dec. 26 in Ufa, Russia.

Head coach Steve Spott, whose day job is coaching the OHL's Kitchener Rangers, sounds like a man who has to be prepared for anything.

"Until Dec. 26 with the uncertainty of this work stoppage, I'm trying to keep all my steno pads in order because I've got about 30 different rosters right now that I'm looking at," he said. "Until I see those players on the 26th against Germany, there's a lot of balls in the air. Ultimately it will be great to get on the ice with them next Monday."

Twenty-three players will be chosen Dec. 13 to play for Canada in Ufa. The 2005 gold was the first of five straight for Canada, but it's been two silver and a bronze over the last three years.

The world junior tournament was held on the smaller North American ice surface the last four years, but now returns to the larger European style of arena. So a premium was placed on skating ability when issuing invitations to camp, according to Hockey Canada head scout Kevin Prendergast.

"If they're not an excellent skater, they bring an intangible we think can help us," he said.

THE CANADIAN PRESS

By the numbers

2

The Canadians won gold during the 1995 and 2005 lockouts but those tournaments were in Red Deer, Alta., and Grand Forks, N.D., on smaller North-American-sized ice surfaces.

Far from middle of the road

Where the Canadian team will benefit the most from the lockout is at centre.

- Joining Ryan Nugent-Hopkins through the middle are second-year players Jonathan Huberdeau, Mark Scheifele and Ryan Strome. All are top-10 NHL draft picks.

4 SPORTS

Owens thumbs his nose at nagging injury

Chad Owens of the Toronto Argonauts talks to Calgary Stampeders linemen during the 100th Grey Cup at The Rogers Centre on Nov. 25. Owens played a portion of the past year with a thumb injury. DAVID COOPER/TORSTAR NEWS SERVICE FILE

CFL. League's most outstanding player excelled in 2012 despite dislocating, tearing ligaments in left thumb

The temperature dipped into the minus Celsius range when the Toronto Argonauts played in Regina on Oct. 28.

So when Chad Owens arrived for his indoor media interviews and didn't remove his wool winter coat, scarf and gloves, it kind of looked a bit odd. He even wore them during his TSN sit-down.

Then again, he is from Hawaii, so everybody figured he wasn't used to the cold blast of Saskatchewan winter air.

As it turned out, it was all part of the team's clandestine cover-up. You see, Owens had torn ligaments in his left thumb. They didn't want anybody, especially opposition players, discovering their star receiver and kick returner was injured. Had they known, they would have surely targeted his injured appendage.

"I guess I should apologize (to) everybody for keeping a secret, but I had to do what I had to do," Owens said.

That makes this remarkable season all the more incredible for the CFL's Most Outstanding Player, who on Monday was named a CFL all-star along with teammates Patrick Watkins (cornerback) and rookie Armond Armstead (DT).

Despite the injury, Owens never missed a beat. He played in eight more games and rewrote the record book for combined yards along with playing key roles in Argos playoff wins over Edmonton and Montreal and in their Grey Cup triumph over the Calgary Stampeders. He also caught five passes for 104 yards, including a 60-yard TD pass from quarterback Ricky Ray in the Argos' 36-10 win over the Roughriders that frigid afternoon in Regina, a victory that clinched second place and a home playoff date against Edmonton.

"Having it put in a hard cast kind of helped keep it immobilized and in place. Was it easy? No. But I was still able to catch the ball and field kicks," Owens said. "It hindered my after-the-catch ability. I wasn't able to hold the ball in my left hand or stiff arm on blocks or protect the football and do all the things to get me more yards.

"I had to convince the coaches that I could get the job done. I had to show them that I could still catch the ball in practice with the cast on. If I could catch the ball, I could play."

The hard cast remained on until the playoffs. He was also able to remove the cast for a bit of rehab, but put it back on for the games. He didn't wear it when he accepted his Most Outstanding Player award.

To hide the injury, Owens always wore his gloves and put tape on both wrists to make it look like he had his wrists taped during his media interviews.

Owens dislocated his left thumb and tore the ligaments on Oct. 8 when he fell awkwardly to the turf on the opening kickoff of Toronto's 36-10 loss to Saskatchewan at the Rogers Centre.

He finished the game and only missed a few plays.

TORSTAR NEWS SERVICE

Quoted

"I wanted to play. Nothing was going to hold me back."

Toronto Argonauts slotback Chad Owens on playing with a thumb injury

Offensive co-ordinator

Argos dip into Als coaching staff again

The Toronto Argonauts won the Grey Cup with a former Montreal Alouettes coach calling the shots.

So they added another to their staff on Monday, hiring Marcus Brady as offensive co-ordinator.

The 33-year-old Brady served as offensive co-ordinator of the Alouettes last season, replacing Scott Milanovich, who left the Alouettes to become head coach of the Argonauts. Brady had previously spent three years as receivers coach in Montreal.

THE CANADIAN PRESS

Sports Illustrated.
LeBron James named Sportsman of the Year

When LeBron James learned he was Sports Illustrated's Sportsman of the Year, the Miami Heat star was surprised.

Not because he thought his achievements in 2012 weren't worthy, but because he figured what happened in 2010 was still holding him back.

Apparently, that's no longer the case. The magazine announced its annual choice Monday, with James becoming the first NBA player to win the award since Heat teammate Dwyane Wade in 2006.

"I remember just like yesterday when I signed here and basically, like the roof caved in," James told The Associated Press, referring to the fallout from his infamous decision to leave Cleveland for Miami in 2010. "To see that I and my team and everyone around me was able to patch that roof up, to come to this point, to come to this point and receive such a prestigious award, it's huge."

Past winners include Muhammad Ali, Jack Nicklaus, Wayne Gretzky, Arthur Ashe, Tom Brady, Derek Jeter and Michael Phelps. College basketball coaches Mike Krzyzewski — James' Olympic coach — and Pat Summitt shared the honour last year.

James won essentially all he could win in 2012: He became an NBA champion for the first time, won the NBA finals MVP trophy, helped the U.S. win Olympic gold for the second time and picked up his third NBA MVP award.

This is the 18th time James will be on SI's cover, the magazine said. His first time was as a high school junior in February 2002, when the magazine famously dubbed him The Chosen One and touted how he would have been an NBA lottery pick even then.

The first 17 covers were different: Only this one has James wearing an NBA championship ring. THE ASSOCIATED PRESS

The cover of Sports Illustrated's Dec. 10 issue, on sale now, features LeBron James, who has been named the Sports Illustrated Sportsman of the Year 2012. SPORTS ILLUSTRATED

Quoted

"I think people really appreciate him for everything he can do."

Paul Fichtenbaum, Time Inc. Sports Group editor, on the fans' take on LeBron James

MLB

Jays add Whiteside to nest of catchers

The Toronto Blue Jays have claimed catcher Eli Whiteside off waivers from the New York Yankees.

Whiteside, 33, appeared in 12 games for the San Francisco Giants last season, posting a .091 average in 11 at-bats.

In 60 games with triple-A Fresno, he batted .224 with one home run and 20 RBIs.

The sixth-round choice of the Orioles in the 2001 draft has played in 208 major-league games with Baltimore (2005) and San Francisco (2009-12) posting a .215 average with 10 home runs and 43 RBIs.

THE CANADIAN PRESS

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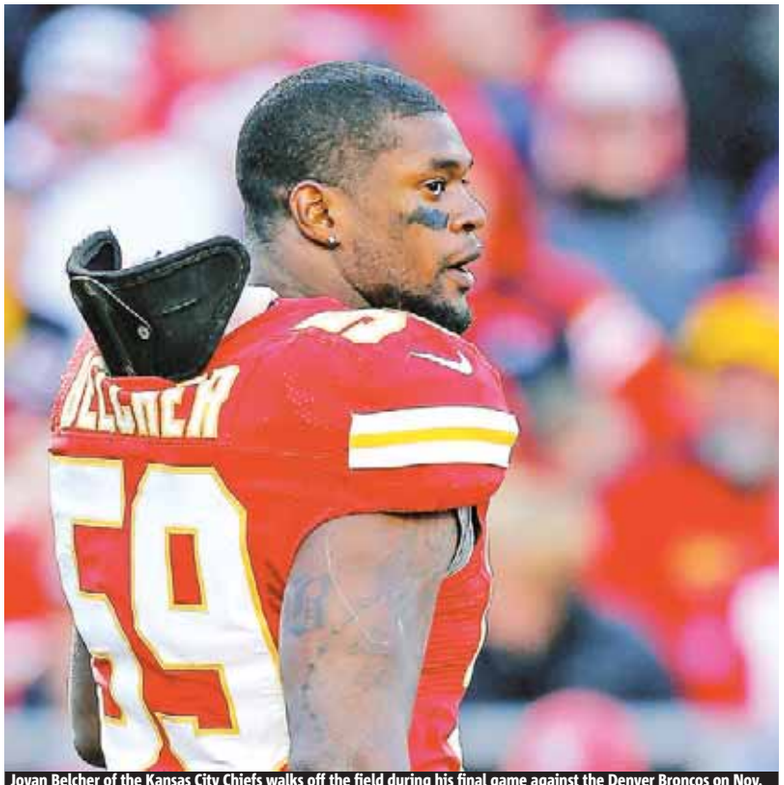

Jovan Belcher of the Kansas City Chiefs walks off the field during his final game against the Denver Broncos on Nov. 25 in Kansas City, Mo. JAMIE SQUIRE/GETTY IMAGES

'Hearts are truly broken'. Alleged murder-suicide leaves behind a three-month-old daughter

Breaking their silence for the first time, the family of the woman shot and killed by Kansas City Chiefs linebacker Jovan Belcher said Monday their "hearts are truly broken" and asked for privacy while they grieve the loss of two loved ones.

Belcher shot and killed his 22-year-old girlfriend, Kasandra Perkins, at their Kansas City home Saturday before driving to Arrowhead Stadium, where Belcher committed suicide in the practice facility's parking lot, police said. The couple had a three-month-old daughter, Zoey.

"Kasi was a beloved daughter, granddaughter, sister, mother, cousin and friend," the family said in an emailed statement. The family also asked that the media "respect our privacy during this difficult time."

"Please keep us in your hearts and prayers as well as the Belcher family," the statement said.

Kansas City police Sgt. Marisa Barnes said Monday that authorities hope to deliver an investigative report to prosecutors on Tuesday.

"They're moving it along just like any other case. There's a formal process it has to go through," she said.

In an incident report released Monday, police said officers were called to the Kansas City home of Belcher, 25, and Perkins about 7:50 a.m. Saturday. Police found Perkins on the floor of the master bathroom. The report said she died from apparent gunshot wounds.

Belcher then drove about five miles to Arrowhead Stadium.

There, he was met by general manager Scott Pioli and coach Romeo Crennel, and Belcher thanked them for all they'd done for him.

The police report said that when officers arrived at Arrowhead about 8 a.m., they saw several people in the practice facility parking lot.

"As they approached, a subject later identified as Jovan Belcher observed their presence and moved to an area behind a vehicle," the report said.

"From that position, Belcher shot himself one time in the head." Belcher was taken to a hospital, where he died, the report said. THE ASSOCIATED PRESS

NFL

Chiefs try to move past tragedy

The Kansas City Chiefs returned to work Monday at their practice facility near Arrowhead Stadium, trying to find a sense of normalcy after two days of unimaginable heartache.

It proved nearly impossible to do.

The locker that once belonged to Jovan Belcher, the linebacker who allegedly killed his girlfriend and then turned the gun on himself Saturday, still had all his belongings in it. His shoes were piled up on the floor and freshly laundered clothes hung from a hook.

Chiefs coach Romeo Crennel and general manager Scott Pioli had to walk past the place in the parking lot where Belcher put the gun to his head and pulled the trigger to enter the building, and Crennel admitted to an unsettling feeling that came over him.

Teammates gathered in meetings and to watch film from Sunday's emotional 27-21 victory over the Carolina Panthers.

"We're just trying to take it one day at a time, come into meetings — it's nice to be in meetings, watching film. Your mind's not on it as much," tight end Tony Moeaki said. THE ASSOCIATED PRESS

Hockey leagues need to pay for concussions: Doctor

Body checking should be banned from minor hockey at all ages, a top Toronto neurosurgeon says.

But barring that unlikelihood, the leagues that run the game should be slammed with lawsuits and other financial penalties if kids continue to get hurt.

That's the frustrated opinion of Dr. Michael Cusimano, whose new strategy on reducing concussions and other hockey injuries would add litigation and education to the medical community's long-standing plea for a less violent and bruising game.

Quoted

"Nobody would debate the role of education, that education combined with rule changes is critical."

Dr. Michael Cusimano on a simple solution to reduce hockey injuries

"The NFL is getting sued (and) they've started to make some changes," says Cusimano, whose new study on hockey injury reduction strategies was released Monday by the Canadian Medical Association Journal.

"If there were equivalent lawsuits in (minor) hockey, I think things would start to change," he says.

Cusimano says that journal editors toned down his call for legal action in the paper itself, settling on a euphemistic "financial incentives" to describe that cog in an injury-reduction plan. TORSTAR NEWS SERVICE

Soccer

Linesman dies following assault

A Dutch linesman officiating in his son's youth soccer match was beaten and kicked by several players after the game and died the next day.

Richard Nieuwenhuizen collapsed and was rushed to the hospital hours after players from Amsterdam club Nieuw Sloten punched and kicked him. Nieuwenhuizen's club, Buitenboys, said the 41-year-old linesman died Monday night.

Three players, whose ages range from 15 to 16, were arrested earlier Monday. THE ASSOCIATED PRESS

Newcastle back in win column

Newcastle United's Gael Bigirimana celebrates his goal during their English Premier League soccer match against Wigan Athletic in Newcastle, England, Monday. Newcastle recorded its first Premier League win in six matches by beating 10-man Wigan 3-0.

SCOTT HEPPELL/THE ASSOCIATED PRESS

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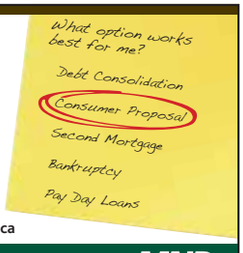

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Horoscopes

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Don't expect too much in the way of cooperation from other people. Partners and colleagues will be too busy resolving their own issues to pay much attention to what you are up to, which could work in your favour.

♉ Taurus
April 21 - May 21
You don't have to do something just because someone in a position of authority tells you to do it. Ultimately, you are your own boss and must do only what your conscience can live with. Make sure they know that.

♊ Gemini
May 22 - June 21
You can be impulsive and if you act on the spur of the moment today, there is a risk you will leave yourself open to accusations that you are putting others at risk. Maybe they're right.

♋ Cancer
June 22 - July 23
You may find that your options for action are limited over the next 24 hours but it's no big deal. Stay calm and don't get flustered or frustrated. There's still plenty of time to make your mark on the world.

♌ Leo
July 24 - Aug. 23
Others can sit around worrying about the end of the world but you don't have time for that kind of self-indulgence. Make your plans and then make your move. Others may fear the future but you intend to own it.

♍ Virgo
Aug. 24 - Sept. 23
You need to be a bit more assertive today, especially if you want to show those you work with that you can handle responsibility. Above all you must look calm on the outside, even if you are scared on the inside.

♎ Libra
Sept. 24 - Oct. 23
"Lazy Libra" is a tag that has little if any truth in it and you will prove it today. Your willingness to put in twice as much effort as your colleagues will not go unnoticed nor, in the long-term, unrewarded.

♏ Scorpio
Oct. 2 04 - Nov. 22
If you allow your anxieties to hold you back today, you will regret it later in the week when you realize how much more you could have done if you had just stuck with it. The only thing to fear is fear itself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to cut corners today but it's not a good idea. Almost certainly, what you planned will go wrong and you will end up going the long way round for what should have been a simple journey.

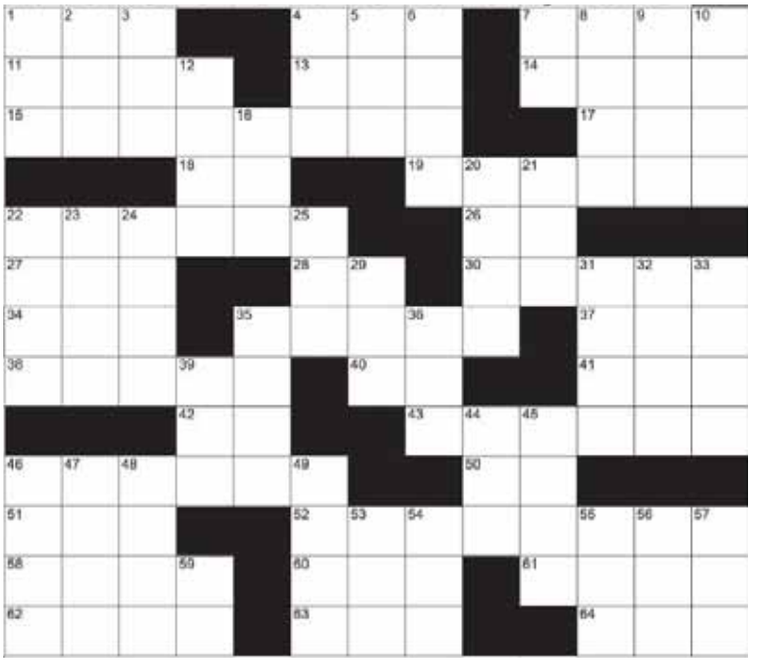
♑ Capricorn
Dec. 22 - Jan. 20
It looks very much like you are on a collision course with someone who has been going out of their way to give you a hard time, and it could get messy. Don't say something that could cost you your job though.

♒ Aquarius
Jan. 21 - Feb. 19
If you find that you are out of your depth in some way today, you must ask for help. It's not a sign of weakness, it's a sign of intelligence. Everyone has their limits but only the wise seem to know it.

♓ Pisces
Feb. 20 - March 20
Timing is everything and according to the planets it's the right time to get involved in a project that involves people from all walks of life, and maybe from all over the world. Join with those who share your dream. SALLY BROMPTON

Crossword

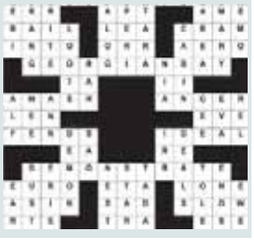
BY BETTY MARTIN



Across
1. Star of Home Improvement
4. Hood
7. Pillow covering
11. Flubs
13. Actress Hagen
14. Nook
15. Complied
17. — Tin Tin
18. Opposite of SW
19. Alter
22. Corporate climber
26. Actor Norton
27. "Exodus" hero
28. Ready – Not
30. Not even once
34. PVR predecessor
35. Leap
37. It's - - -win situation (2 words)
38. Ridge
40. Who Wants to – a Millionaire?
41. Take a rest
42. Chau – Chi of Falcon Crest
43. Isn't colourfast
46. Funnel-shaped wildflower
50. Star of CHiPs (init.)
51. Road surface
52. Relationship woes
58. The Bold —
60. Summer in Paris
61. Censor's target
62. Turf
63. Casual top
64. Whichever

Down
1. After-dinner drink
2. Tax agency (abbr.)
3. Post-wedding title
4. Scrape
5. Chowed down
6. One of baby's first words
7. Charleston state
8. Bugle
9. Gung-ho
10. Department store section
12. E-mail request
16. Indicates maiden name
20. Patch
21. Dutch city
22. Wash
23. Curves
24. Scottish dagger
25. A.A. Milne character
29. Pat dry
31. Flower holder
32. Children's author Blyton
33. Becomes inedible
35. French cheese
36. Beak
39. Extension
44. Actress Michele — of Glee
45. Cartoon shrieks
46. At the summit
47. "Titanic" actor Billy —
48. Land measure
49. Aid in a crime
53. Abbreviation found in an atlas
54. Shoebox letters
55. John's "Pulp Fiction" co-star
56. Groan inducer
57. Pig's abode
59. — Elsewhere

Yesterday's Crossword



What's online

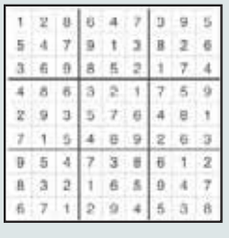
See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		9				8		1
	4	2	8		5	9	3	
3								7
			2		4			
	9			1			4	
			7		3			
7								2
	2	5	1		8	6	7	
4		3				5		8

Yesterday's Sudoku



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